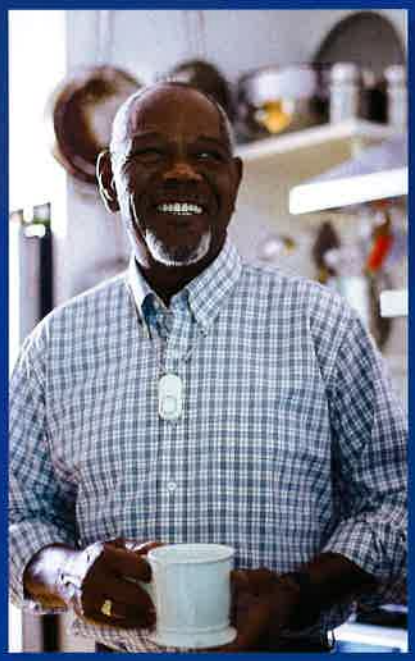
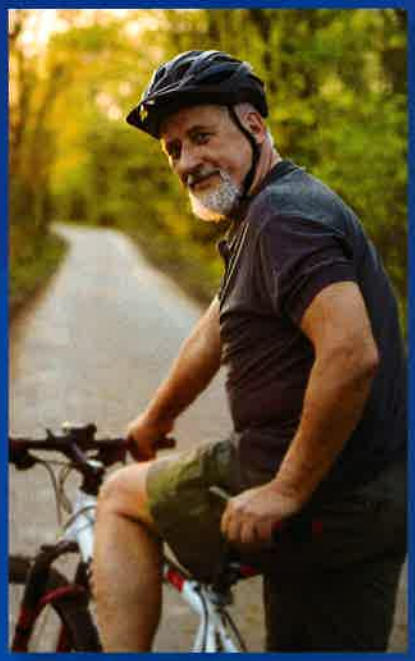
4th Edition • Complimentary Copy





SENIOR RESOURCE GUIDE

VIRGINIA HOSPITAL CENTER

| Inside This Guide |

Valuable Hospital Resources • Senior Living Options • Community Resources
Support Services • FREE Advance Medical Directive • Much More!

Growing Together

Virginia Hospital Center continues to be ranked as one of the top hospitals in the DC Metro area and it exemplifies our commitment to providing excellent healthcare for our community. We recently opened a new patient unit, which added 21 private rooms that are 30% larger. Construction on our new Outpatient Pavilion is well underway and on track to be completed by the end of 2022. This project will expand our campus, bringing essential services together in an accessible environment for patients and visitors (See page 3).

We recently celebrated our five year anniversary with the Mayo Clinic Care Network. Through this collaboration, we continue to build on our foundation as a leader in evidence-based medicine, patient-centered care, clinical excellence, and strong organizational performance. In 2020, the hospital was recognized by Newsweek as a Best Maternity Hospital, by CMS-Medicare as a 5-Star Hospital, and a Top 100 Hospital in the Nation for Medical Excellence in Cardiac Surgery.

Through our programs and services, Virginia Hospital Center has a strong commitment to improving the overall well-being of our community. In 2020 when the COVID-19 pandemic hit, Virginia Hospital Center was at the forefront in the response to this health crisis. VHC was among the first hospitals in the nation to receive the Abbott rapid-result COVID test. The hospital was also the first in the region to set up a drive-through testing site, and leveraged our connection with the Mayo Clinic to be at the head of innovative COVID efforts, such as the NIAID-funded remdesivir trial and the Mayo convalescent plasma program. During this time, the Physician Group began offering telehealth appointments, allowing patients to have a video meeting with their provider in the comfort and security of their home. Across the board, patient safety and satisfaction remains paramount to meeting our mission of being "the best Health System."

The hospital is pleased to provide the 4th edition of our Senior Resource Guide. Throughout this guide, you will find information on the multitude of programs and services offered to help you maintain and improve your physical and mental health. We hope that the information is beneficial to you.

Sincerely,
VHC Executive Team

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Virginia Hospital Center does not endorse any of the businesses advertising in this publication.

Tips to Prepare for a Visit to Virginia Hospital Center

A well-planned visit to the Hospital helps you focus your energy and attention on your healthcare needs and questions. Whether the visit is for an appointment or an emergency, there are a few things you can do in advance to keep things running smooth. By preparing a few simple things, you will be able to focus on the role you play in your own healthcare or the healthcare of a family member or friend.

Check the Hospital website for any restrictions that may still be in place due to COVID-19.

Preparing for an Appointment or a Visit to the Hospital:

Prepare what you can before you arrive.

- Always carry your photo ID and insurance card(s).
- If the visit is to see a physician, plan ahead of time and see what paperwork needs to be completed for the appointment.
- If you are visiting a family member staying in the Hospital, know the visiting hours, where to park and if you need any legal documents should you have medical power of attorney.
- If the visit entails an outpatient service (radiology, laboratory or therapy visit), make sure you have your physician's order with you.
- Have your medical records up to date and readily accessible to share with your clinician.

Know where you are going.

- When you make your appointment, ask if there is a particular building or zone you should look for.
- Inquire about the parking garage that is closest to your destination. Building signs and landmarks are helpful to know before you get into your car.
- Bring exact change ($5) or a credit card for parking, if you'll be driving to the Hospital.

The Hospital staff is there to help you.

- Call for wheelchair assistance in the parking lots, as well as in the medical buildings, if needed.
- If you have difficulty navigating in a parking garage, consider using the Hospital's valet service in the Zone A garage.
- An information desk staff member can help guide you to your appointment.

Essential Services in One Location

The Power of Community

The Virginia Hospital Center is in the midst of its first building expansion since 2004. Our new Outpatient Pavilion will provide direct, easy access for patients from their arrival at the parking garage to treatment areas. Consolidating outpatient services will open space in the main campus for more inpatient beds for cancer, cardiac and stroke patients, as well as provide critically needed inpatient capacity for psychiatric and addiction treatment. Our Emergency Room will expand, allowing us to treat more patients and reduce wait times. In addition, the approved plans provide 1.3 acres of open green space and much needed parking spaces.

The garage will be completed by the end of 2021 and the Pavilion completion is scheduled for the 4th quarter of 2022.

The new Outpatient Pavilion will include the following:

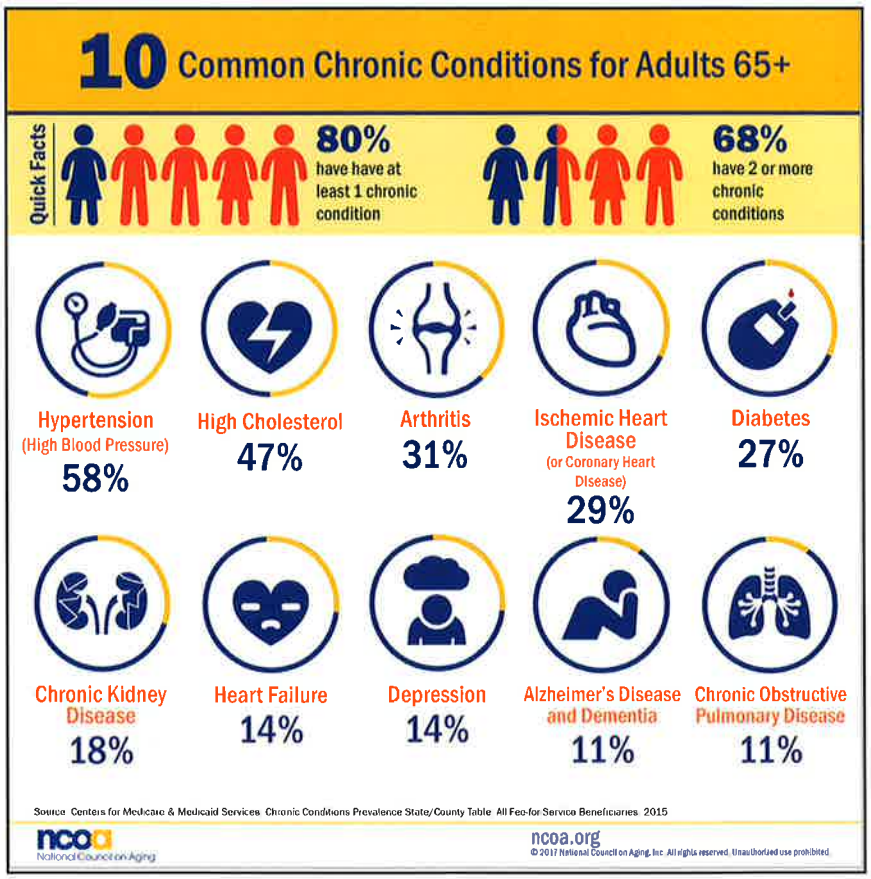
- Comprehensive Outpatient Surgery
- Outpatient & Women's Imaging
- Outpatient Pharmacy
- Outpatient Lab
- Endoscopy
- Physical Therapy
- Medical Offices
- A Café and Open Green Space
- Accessible Services

You can do it!

Living Well with Chronic Health Conditions

The older we get, the more common it is to experience a chronic illness. In fact, 80 percent of older adults have one chronic condition and almost 70 percent have two or more chronic conditions, according to the National Council on Aging. A chronic condition is something that lasts more than one year and requires ongoing attention. For example, common chronic conditions in older adults include high blood pressure, diabetes, arthritis, dementia, depression, osteoporosis, cataracts, lung disease such as COPD, and cancer.

There are many chronic health conditions that can be well managed with some guidance and by being pro-active. At Virginia Hospital Center, we believe that managing a chronic health condition follows a continuum starting with prevention when possible and progressing, as warranted, to therapy and pharmacological interventions. Working with a healthcare provider throughout the process, is an important part of knowing where you stand along that continuum and when it's time to consider additional remedies.



Start with Prevention

Managing a chronic condition through preventative steps typically means making lifestyle changes, such as increasing the amount of exercise, changing diet, or quitting smoking. These types of changes require determination but are a powerful way to control risk factors and avoid medications.

Consider Bill Smith, Jr., an Arlington resident who has type 2 diabetes but has managed to keep his blood sugar levels within an acceptable range through diet and exercise. At 81 years old, he attends the VHC Seniorcise cardio exercise class at least three times a week. Those classes moved to Zoom during the COVID-19 pandemic but Bill says he "feels better and stronger" when he exercises regularly. "It takes discipline to stick with a plan, but when I visit the doctor he says my diabetes is stable." Bill admits that he'd like to be more disciplined with his diet, but he's working on it.

The CDC recommends 150 minutes of moderate exercise a week along with two days that include strength training exercises for older adults. Walking, biking, gardening, yoga, tai-chi, pickle ball, and swimming are just a few examples of excellent ways to be physically active.

"I would suggest people look into an exercise program. Exercise also helps you stay active and keep up with socializing with others. Even on Zoom, we chat and make new friends," Bill said.

Know Your Numbers

Receiving routine health screenings is another important way to effectively manage chronic health conditions. Screenings can protect and detect disease early, which makes it easier to manage your condition through preventive steps or low-dose treatment. Start by finding screening services that are convenient and low-cost. The Health Promotion Department at VHC offers a variety of health screenings that are available by appointment, including cholesterol, body fat, bone density and type 2 diabetes. Other, more involved screenings, can often be obtained at outpatient clinics.

Cathy Turner, the Director of Health Promotion and Senior Health at VHC, assists individuals who are coming in to get screened. "The screenings we provide enable people to get immediate results, which allows us to provide counseling and make any necessary recommendations for follow up services," Cathy said.

Connect with a Healthcare Provider

Maintaining an ongoing relationship with your primary care provider is an essential part of controlling your health. Monitoring progress, as well as any setbacks, can help you make adjustments to your lifestyle, as well as consider medications that may be necessary. Consider your provider as a partner who can offer recommendations and help you meet health-related goals.

The VHC Physician Group offers telehealth visits, which are scheduled appointments conducted via video for both new and established patients. With telehealth, you have the ability to remain in your home and "meet" with primary care and specialty providers without any concerns of traveling or interacting face-to-face with others. For many older individuals, this ensures that routine check-ups are maintained and important steps to monitoring health are not missed. A video appointment can assist with the management of a wide range of chronic medical concerns, including hypertension, lung disease, weight management and depression.

If you are someone living with a chronic health condition, it's never too early – or too late – to create a plan for taking control of your health.

Visit your doctor and ask for resources that can help answer your questions, as well as give you ideas for staying on top of your health. You can do it!

Mayo Clinic Care Network

Expertise and Knowledge Close to Home

Access to the Mayo Clinic's world renowned knowledge and expertise is available to you through the Mayo Clinic Care Network, a collaboration between Mayo Clinic and other healthcare organizations, including Virginia Hospital Center. Through this network, your medical team at Virginia Hospital Center is able to complement their own expertise with access to the latest Mayo resources. The goal is to provide the best clinical guidance when diagnosing and treating patients while allowing you to remain close to home.

HOW DOES THIS NETWORK HELP VHC PATIENTS?

Second opinions at no cost to patients.

Through eConsults, our physicians connect with Mayo Clinic experts for additional input on patient's care when they believe it will be helpful. A patient's electronic medical record is securely transmitted to Mayo Clinic specialists for consultations. In addition, eTumor Boards allow physicians to present and discuss management of complex cancer cases with a multidisciplinary Mayo Clinic panel.

State-of-the-art medical resources.

Virginia Hospital Center physicians have unlimited access to AskMayExpert, an online reference tool of Mayo Clinic knowledge on disease management, clinical care guidelines, treatment recommendations and patient education materials.

Receive care close to home.

You gain the benefits of the Mayo Clinic without needing to travel in most cases. In rare circumstances when a referral for treatment at Mayo Clinic is appropriate, Virginia Hospital Center patients benefit from an expedited referral process.

> "The best interest of the patient is the only interest to be considered, and in order that the sick may have the benefit of advancing knowledge, union of forces is necessary."
>
> *– Dr. William J. Mayo, 1910*

How can I access the expertise of the Mayo Clinic?

It's simple – all you need is to be under the care of a physician on Virginia Hospital Center's medical staff. To find a physician, visit **www.virginiahospitalcenter.com**.

VIRGINIA HOSPITAL CENTER

MAYO CLINIC Care Network Member

Specialty Rehab Teams

Ready to Help You

VHC Cardiac and Pulmonary Rehabilitation Program

Those seeking optimal recovery from heart or lung disease, look no further. Cardiopulmonary rehabilitation at Virginia Hospital Center not only will help improve your condition, but enhance your overall health and wellness. Our goal is to create a holistic approach that is tailored to improving an individual's quality of life through exercise and education. A team of experts will work with you and your doctor to develop a tailored rehabilitation program to meet your specific needs. The program consists of three key elements essential for a healthy heart and lungs:

- **Exercise**: Regular physical activity that is tailored to your abilities, needs, and interests.
- **Education**: Learning about your condition/diagnosis and how you can manage it.
- **Behavior changes**: Advice on why and how to change your lifestyle to lower your risk for future problems.

Cardiopulmonary rehabilitation offers many benefits, such as increasing strength and endurance, improvements in cholesterol and blood pressure, management of diabetes and stress, loss of weight, smoking cessation, and returning to work and routine activities more quickly. Be an advocate for your health and talk with your doctor about joining the cardiopulmonary rehab program at Virginia Hospital Center. For more information, you can call us directly at 703-558-6271.

PT, OT and Speech Therapy Teams

Have you been living with pain or limitation over the last few months? Have you experienced…

- a new injury or medical condition with symptoms that just are not going away?
- a decrease in confidence with your balance when walking?
- leakage from urinary incontinence?
- a decline in your fitness or function from staying home more?
- lack of quality sleep impacting your mental clarity?
- a prolonged recovery from COVID-19?

Life for many of us is drastically different and our bodies and brains are trying to keep up.

Let us help!

VHC offers physical, occupational and speech therapy to meet your needs. We have over 25 outpatient therapists with a wide variety of specialties:

- Aging in Place Modifications
- Balance and Fall Prevention
- Cancer Rehabilitation
- Cognitive Impairments
- Dizziness and Vertigo
- Lymphedema
- Orthopedic, Spine and Hand
- Pain and Fatigue Management
- Pelvic Floor
- Posture, Strengthening and Ergonomics
- Speech and Swallowing
- Traumatic and Acquired Neurologic Conditions

What you can expect:

- Work one on one with a licensed therapist for the entirety of every appointment
- Physical distancing in waiting and treatment areas
- Frequent hand hygiene
- Disinfection of treatment surfaces between each patient
- Universal use of masks
- Temperature checks
- Screening of staff and patients for signs/symptoms of illness

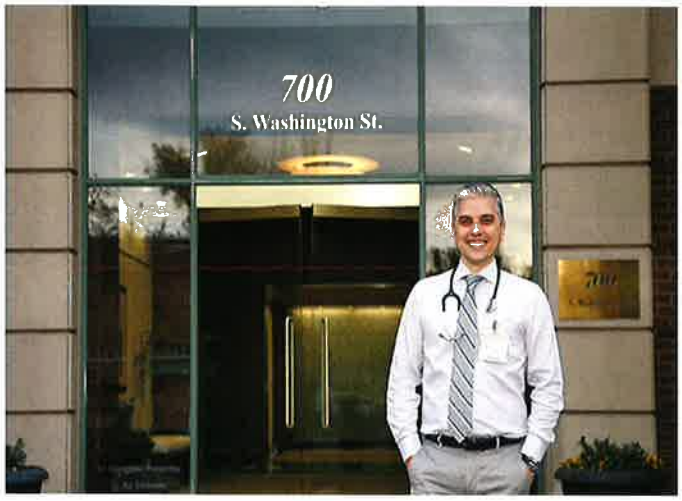
For more information, call 703.558.6507 or visit www.virginiahospitalcenter.com/Medical/outpatient

VIRGINIA HOSPITAL CENTER
Physician Group

Primary Care

Primary Care and the Patient Centered Medical Home (PCMH)

Our primary care offices include physicians, nurse practitioners and support staff that forms the foundation of the Patient Centered Medical Home (PCMH). PCMH is a team-based model of care that focuses on key patient benefits, such as the delivery of proactive and preventative healthcare, increased access to our care team, and a continuity of care within the medical community. Your regular primary care doctor is the leader of your care team and manages your overall health. Your doctor partners with you and our nurse practitioners to accomplish all of these important patient benefits in a collaborative manner.



John Charalambopoulos, MD, practices internal medicine and is Medical Director of the VHC Physician Group Primary Care Old Town.

We Make it Easy for You to See Your Doctor

Our primary care practices offer:

- Same-day, urgent appointments
- Extended hours
- In office and video visits
- Phones answered all day even during lunch hours
- On-line appointment scheduling
- In-house labs
- Electronic prescriptions

Virginia Hospital Center Physician Group – Primary Care Locations

Alexandria • 703.717.4148
- 1600 N. Beauregard St., Suite 300 Alexandria, VA 22311

Arlington • 703.717.4245
- 2800 Shirlington Rd., Suite 500 Arlington, VA 22206
- 1635 N. George Mason Dr., Suite 140 Arlington, VA 22205
- 950 S. George Mason Dr. Suite 107 Arlington, VA 22204

Falls Church • 703.532.5436
- 400 S. Maple Ave., Suite 200 Falls Church, VA 22046

McLean • 703.992.0649
- 6862 Elm St., Suite 600 McLean, VA 22101

Old Town • 703.528.8260
- 700 S. Washington St., Suite 330 Alexandria, VA 22314

To schedule an appointment with any VHC Physician Group, visit vhcphysiciangroup.com and click "Schedule an Appointment" or call 703.DIALVHC (703.342.5842)

VIRGINIA HOSPITAL CENTER
Physician Group

Immediate Care

Three ways to access Immediate Care's services:

1. Walk in: 8 am to 8 pm, 7 days a week.
2. Video visit: schedule online in advance.
3. In person visit with a family medicine physician by appointment only. Schedule online.

Where can you get prompt, trusted medical care?

It's 6 pm and you burn yourself cooking dinner. It's Sunday and you injure your ankle while taking a walk. Your grandson is visiting and scraped his leg while riding his bike in your driveway.

VHC Physician Group Immediate Care offers treatment for minor illnesses and injuries such as fevers, infections, cold or flu symptoms, sore throats, earaches, minor burns, lacerations, sprains and fractures. X-rays and lab services are available on site.

Call: 703.717.7000

Online: vhcphysiciangroup.com/immediate-care

In person: 764 S. 23rd Street, Arlington, VA 22202
950 South George Mason Dr. #107
Arlington, VA 22204

We're here for those times when you can't get in to see your primary care physician — or if you don't have one."

— Shakyra Rivers, DNP, FNP-BC

VIRGINIA HOSPITAL CENTER
Physician Group

Specialty Care

Wound Healing & Hyperbaric Center: The Wound Healing and Hyperbaric Center is staffed by an experienced, caring team of clinicians that apply advanced wound therapies and bandages to successfully heal all types of wounds. They specialize in wounds that have not healed on their own within 2-4 weeks. These include foot ulcers due to diabetes, leg ulcers caused by problems in veins and arteries, pressure sores, infections, burns, surgical incisions, and skin lesions related to autoimmune disease. The center also offers hyperbaric oxygen therapy to help treat ulcers and bone complications from previous radiation therapy, bone infection, skin grafts, and even sudden loss of hearing.

Surgical Specialists: The VHC Physician Group Surgical Specialists provide patients with personalized and compassionate care. Our three board certified surgeons have extensive experience in digestive surgery expanding on anti-reflux surgery and endoscopic treatments, gallbladder, appendix, skin and soft tissue disorders, heartburn surgery, and hernia repairs. They perform open, laparoscopic, minimally invasive, and robotic surgeries. They will complete a comprehensive evaluation to determine the surgical procedure best suited for you.

Colorectal Surgery: Colorectal surgery is a branch of General Surgery that specializes in diseases of the colon, rectum, and anus. Our board certified physicians have dedicated expertise in issues related to hemorrhoids, anal fissures, rectal abscesses, and fistulas for both medical and surgical management. We also provide evaluation and treatment of pelvic floor issues such as fecal incontinence, constipation, and rectal prolapse. Along with anorectal surgery, our physicians are leading experts in minimally invasive robotic surgery, now routinely used by our surgeons in bowel resection for management of colon and rectal cancer, as well as inflammatory bowel diseases.

To Schedule an Appointment

Wound Healing & Hyperbaric Center
703-558-6600

Surgical Specialists
703-717-4250

Colorectal Surgery
703-717-4180

General and Interventional Cardiology
703-717-7780

General and Interventional Cardiology: The VHC Physician Group Cardiology team consists of highly experienced board certified cardiologists and nurse practitioners providing general and complex care in both the hospital and outpatient setting. Services offered include consultative cardiology services, interventional cardiology, vascular services, echocardiography, nuclear imaging, and weight management. Our providers are committed to offering same or next day appointments, and will coordinate your care with your other general or specialty providers.

Senior Exercise & Wellness

Walk-Fit at Two Arlington Locations

Virginia Hospital Center partners with Pentagon City Mall and Ballston Quarter to host the free intergenerational Walk-Fit program. Walkers start at 8:30 AM on Tuesdays (Pentagon City) and Thursdays (Ballston Quarter). Walking is followed by a cool down stretch led by Senior Health Department staff. Free blood pressure screenings are available throughout the month.

Senior Health Exercise Classes

Regular exercise is associated with many health benefits, including successful management of chronic medical conditions. Virginia Hospital Center offers a diverse selection of classes in order to meet the needs of all participants.

- Seniorcise
- Gentle Yoga
- Gentle Pilates
- Adaptive/Seated Yoga
- Senior Stretch & Strength
- Boost Your Balance
- Tai Chi
- Feldenkrais

One-on-One Assessments

The Health Promotion Department offers a variety of low-cost health screenings. Screenings are by appointment only and can be scheduled for:

- Finger stick Cholesterol Screening
- A1C Screening
- Body Fat Screening
- Bone Density Screening
- TSH Screening
- Resting Metabolic Rate
- Vitamin D
- Hemoglobin
- C-Reactive Protein (CRP)

For further information regarding Senior Exercise and Wellness Programs, please call 703.558.6740 or visit www.virginiahospitalcenter.com/healthy and see Classes & Events.

Safety and Peace of Mind

A Medical Alert Button Can Help

One way to feel safe in your home is knowing that you can call for help if you have a fall, accident, or any type of health emergency. Data show that one-third of seniors fall each year and, unfortunately, many do not get immediate help. A medical alert button is an easy and reliable way to call for assistance and to help prevent a prolonged injury or a trip to the hospital.

Virginia Hospital Center locally manages the Philips Lifeline medical alert service for the DC Metro area. The Senior Health Department staff will work with you to identify your needs and set up the equipment. You will always have a local support team to answer any questions.

Services Provided

- Lifeline standard service allows you to access help with a push of the button.
- Auto Alert can call for help if it detects a fall even if you can't push the button yourself.
- Wireless communicators are available for homes without landline service.
- Go Safe mobile button enables you to access help at home and on the go.
- Go Safe has built in fall detection and is the only mobile system with up to six advanced location technologies designed to help find you in an emergency.

Why Virginia Hospital Center and Philips Lifeline?

- VHC has been nationally recognized for providing unparalleled service in the Washington, DC Metro Region.
- Philips Lifeline equipment is made in the USA and is FDA registered.
- No long-term contract or cancellation fees when you work with VHC to set up service.

PHILIPS
Lifeline

To discuss options or set up service, please contact the Senior Health Department at 703.558.6859 or seniorhealth@virginiahospitalcenter.com.

Community Support

The Virginia Hospital Foundation supports the overall health of our community through collaborations and partnerships. The generosity of community members makes a significant difference in the quality of services and programs at the hospital. We are grateful to volunteers who have donated their time and energy, and to our donors who have opened their wallets to support the hospital. Thank you for your generosity over the years.

Supporting community members - *Lifeline Assistance Fund*

Arlington resident Gloria G. has lived alone for many years and doesn't take any chances. "I'm a diabetic and have taken a couple falls. One time, I broke three bones in my foot." Following those falls, her primary care doctor suggested that she get the Philips Lifeline medical alert button, which will call for immediate help at the push of a button. "Thankfully I have the button now and feel certain I could get help if needed," said Gloria who is 80 years old.

> *"Get one, especially if you are living alone," said Gloria, a Lifeline subscriber.*

Through the generous support of donors, the Lifeline Assistance Fund (LAF) administered by the Virginia Hospital Center Foundation is able to provide the Lifeline system to residents on a fixed or limited income at a reduced cost. Support from donors cuts costs 50 – 75% for subscribers such as Gloria.

With the Philips Lifeline system, seniors with health risks are able to remain at home and can quickly contact help if needed. In one year, about half of the LAF subscribers pushed their button and 80% of those subscribers were assisted in their home. Forty-two percent of the calls were for falls. Virginia Hospital Center's Senior Health Department partners with subscribers to provide hands-on service, including setting up the unit.

To donate to the fund, visit vhcfoundation.com/give and select "Lifeline Assistance Fund."

A Friendly Face - *Auxiliary*

Since the 1940s, a dedicated group of volunteers has played an integral part in the hospital community by contributing millions of service hours and giving annual cash donations. Auxiliary members assist with the gift shop, wheelchair escort services, fundraising, and other support services throughout the hospital. If you visit the hospital, you may spot an auxiliary member wearing a pink or red coat. To join the auxiliary, please call 703.558.6401.

The Gift of Time - *Volunteers*

The Volunteer Program at VHC consists of students (16+ years old) and adults who assist staff with direct patient care throughout the hospital. There are many ways to get involved. To learn more and to discuss your interests, please call 703.558.6194

Safe Transitions and MyVHC

Safe Transition Home for Hospital Patients

The transition from hospital to home is a critical time for many patients, especially during the first few weeks following discharge. Virginia Hospital Center is the only hospital in the DC Metro area to offer the Philips Lifeline Safe Transition for Hospital Patients (STHP) program. Through the Safe Transition program, any patient discharged from Virginia Hospital Center can receive the medical alert system at no cost for two months at their home. Staff with the Senior Health Department coordinates the installation in order to ensure the patient has a safe recovery and smooth transition returning to home. After two months, a patient may keep the Lifeline system at a reduced rate.

MyVHC online patient care

MyVHC was carefully created to provide you with an excellent online patient experience and offers these benefits online and anytime:

- Schedule your next appointment
- Send a message to your care team
- Complete the check-in process before your scheduled appointment
- Request a prescription refill
- See the visit summary from your last appointment or hospital stay
- View the results of your lab & imaging tests
- Update your personal information
- Complete patient forms
- Pay your bill
- Access your safe and secure medical information from anywhere while on your phone, tablet or computer

Sign up for MyVHC by visiting myvhc.virginiahospitalcenter.com/signup or call the MyVHC Patient Portal Support Team at 703.717.7800

Outpatient Pharmacy

Virginia Hospital Center Outpatient Pharmacy

Fill Your Prescription

- BEFORE you are discharged from the Hospital
- THE SAME DAY as your Hospital appointment
- THE SAME DAY as your doctor's appointment

If you or a loved one needs to fill prescriptions prior to discharge from the hospital, please feel free to ask a member of your care team about our pharmacy services.

Marjan T. Daneshmand, B.S.Pharm., Pharm.D.Director, Outpatient Pharmacy

Immunizations

- Flu Shot – Regular and High Dose
- Pneumococcal Vaccine
- Tdap
- Shingles

Information

- Monday – Friday 8:00 a.m. – 8:00 p.m.
- Phone 703.717.7750
- Located in Zone B, 1st Floor (next to food court)
- All insurance plans accepted

Blood Pressure Clinic

Virginia Hospital Center's pharmacists measure your blood pressure:

Mondays, 9:00 a.m. – 4:00 p.m.

You will receive a tracker card with your blood pressure numbers.

Know your numbers and protect your health.

Awareness is vital to maintain good health. High blood pressure increases your chances of heart disease. High blood pressure can't be detected without being measured and can lead to serious health issues if not monitored and controlled.

Drug Take Back Program

Unused or expired drugs in the home put everyone at risk. Virginia Hospital Center Outpatient Pharmacy's Consumer Drug Take-Back (CDTB) program helps combat drug misuse and abuse while protecting our rivers and streams. Patients, employees and community members can drop off their unused, unwanted or expired medications at the designated box located inside the Outpatient Pharmacy.

Patient Support Services

Virginia Hospital Center has a complete team of physicians, nurses, and other personnel to support your hospital care, prescribe necessary treatments, and ensure you have the support you need during your stay and upon discharge.

CASE MANAGEMENT AND DISCHARGE PLANNING

703.558.6275

Our case managers are here for discharge planning to help you and your family with the transition from hospital to home. Discharge planning begins when you are admitted to the hospital. Case managers can assist you with arrangements for home health services, equipment, transportation and alternative living plans, such as finding a skilled nursing facility. Social workers also can provide emotional support and referrals to community resource.

PALLIATIVE CARE SERVICE

703.558.8501

The hospital's Palliative Care Service is dedicated to improving the quality of life for patients with severe illnesses or health problems. Palliative care is special healthcare that can ease pain and side effects throughout all stages of illness and/or treatment. The VHC interdisciplinary team addresses the psychosocial needs to help you and your family cope with your illness, as well as emotional, practical, and spiritual concerns.

PASTORAL CARE/CHAPLAIN SERVICES

703.558.6128

The Chaplaincy Team is the spiritual arm of the hospital's patient healthcare support. We believe that spirituality, in the broadest sense, is an integral part of a holistic approach to healthcare. Spiritual, emotional, and companion care for patients and families is available 24 hours a day, seven days a week.

Support is non-denominational. The Thomas J. Offutt Interfaith Chapel is located in Zone A/Lobby A. The chapel is available 24 hours a day for prayer and meditation.

The Pastoral Care and Patient Relations Offices are available to assist with completing an **Advance Medical Directive**, a document that ensures your wishes are followed in the event of a medical emergency or long-term illness. **Please see pages 29-32 for a free Advance Medical Directive.**

Need Additional Support?

The Patient Relations and Advocacy Team Can Help

The Department of Patient Relations is available to help facilitate communication across hospital disciplines and services, such as interpretive services, advance directives, or assistance with resolving a concern or complaint.

The department is open Monday through Friday from 8:30 AM to 5 PM and can be reached by calling 703.558.6195.

After hours, an administrative nursing supervisor is on duty to assist with concerns and issues. Please call 703.558.5000 to be connected.

Special Programs

Healthy Aging Lecture Series: This unique and diverse free lecture series explores topics appealing to all ages with a focus on living well as you age. Our speakers are experts in their field and are adept at making complex topics understandable. The lectures bring you up-to-date on the latest information, as well as provide you with helpful resources. For upcoming lectures, visit Senior Health on the VHC website or contact the Senior Health Department at 703.558.6859 or seniorhealth@virginiahospitalcenter.com.

Total Joint Replacement Class: Being prepared is the first step toward a successful surgical outcome, so be sure to attend our in-depth Total Joint Replacement Class. Learn what to ask your physician and nurses, and what to expect before, during and after your surgery. It is best to take this class four to six weeks prior to surgery. Call 703.558.6621 to register.

Diabetes Prevention Program (DPP): The DPP is a yearlong, evidenced-based program for people with prediabetes, a history of gestational diabetes, or at high risk for type 2 diabetes. It is part of the National Diabetes Prevention Program, led by the Centers for Disease Control (CDC). Classes focus on healthy eating, physical activity and weight loss to help participants lower their risk of developing diabetes. Call 703-558-5718 or visit www.virginiahospitalcenter.com/diabetes for class schedule and additional information. The DPP is a covered benefit by Medicare.

Diabetes Education & Support: Our team of certified diabetes educators can help you and your family members develop the skills, knowledge, and confidence to take control of your diabetes. We offer both group classes and individual sessions covering topics such as healthy eating, blood glucose (sugar) monitoring/CGM, physical activity, insulin training and adjustment, insulin pump therapy, and weight management. As an American Diabetes Association recognized program, we provide comprehensive, individualized education for type 1, type 2, and gestational diabetes. Call 703-558-5718 or visit www.virginiahospitalcenter.com/diabetes for additional information.

Weight Loss Surgery Seminars: Seminars allow you to learn about the various weight loss surgeries, such as sleeve gastrectomy, gastric bypass, lap band and duodenal switch, as well as the non-surgical intragastric balloon, and understand the risks and benefits, the alternative therapies and the expectations before and after these procedures. Please call 703.425.4250 for more information or to register.

Support Groups

Looking for others who are facing similar health issues and can relate to the challenges and emotions you are experiencing? Virginia Hospital Center believes that support groups can help you cope and feel less isolated.

Support groups are a place to:

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs, and concerns
- Learn about resources available in your community

All of our support groups are facilitated by trained hospital staff. We welcome anyone who would like to join a group.

A REASSURING ENVIRONMENT

Dementia and Alzheimer's Caregiver Support Group

This group offers a safe place for caregivers, family and friends of people with dementia to meet and develop a support system. The group is led by hospital staff who are trained in dementia care. For more information and meeting details, call 703.558.6859.

A CONNECTION FOR YOU

Parkinson's Side by Side Support Group

Join others who are living with Parkinson's and those who are providing care. The group meets two times each month – one meeting is for people with Parkinson's and the other meeting is for caregivers. For more information and meeting details, contact the Parkinson's Social Network at 571.286.5000.

A PLACE TO SHARE

Support for Stroke Survivors

Stroke survivors and their families come together, share questions/concerns, and participate in guest lectures. The group is led by physical therapists, occupational therapists and nurses with stroke experience. To learn more, call 703.558.6646.

A TIME TO BE WITH OTHERS

Bereavement Support

Palliative Care provides bereavement support for adult community members grieving the death of a loved one. A drop-in bereavement group, workshops, and individual grief counseling are available and facilitated by licensed clinical social workers. To register or for more information, call 703.558.6012.

A LEARNING EXPERIENCE

Living with Chronic Pain

This group is for anyone suffering from chronic pain due to injuries, illness and developmental issues. All insurances accepted, including CareFirst, Medicare, Aetna, CIGNA, Blue Cross Federal and United Healthcare. To register or for more information, call 703.558.6750.

Senior Associates Membership Program

SENIOR ASSOCIATES

Virginia Hospital Center recognizes that our seniors are a vital part of our community. It is our goal to make their experience with the Hospital the very best; that is why we created the Senior Associates Membership Program for our patrons 60 years and older. This annual membership program provides a variety of exclusive Hospital benefits.

Questions?
703.558.6970
or email seniorassociates@virginiahospitalcenter.com

MEMBERSHIP BENEFITS

- **Complimentary Hospital Parking for Up to 50 Visits per Membership** (Must scan coded card upon exiting the garage. No attendants on duty.)
- **One Complimentary Annual Blood Chemistry Screening** (Completed at our Outpatient Laboratory; results can be sent to your physician.)
- **Free Installation of Virginia Hospital Center-Philips Lifeline & Reduced Monthly Service Fee**
- **15% Off Hospital's Exercise Classes & Wellness Programs**
- **20% Off Hospital Food Court Purchases** (Must present card at cash register.)

SENIOR ASSOCIATES REGISTRATION FORM

I am registering for (please check one):
☐ One Card—$50 (50 Parking Visits)
☐ Two Cards—$70 (100 Parking Visits)

Checks should be made payable to:
Virginia Hospital Center

Please mail this form with check or credit card information to:

Virginia Hospital Center, Executive Offices
Attn: Senior Associates
1701 North George Mason Drive
Arlington, VA 22205

Name _____

Address Line 1 _____

Address Line 2 _____

City / State / Zip _____

Daytime Phone _____

Email Address _____

Credit Card # ☐ Visa ☐ Mastercard ☐ Discover ☐ Amex

Exp. Date _____

Signature _____

Card(s) will be mailed within two weeks of receiving this application. **Please be aware that there is a $5 fee for replacing lost, damaged or stolen cards.**

Navigating Virginia Hospital Center

Medical Offices C

Medical Offices C

Recruitment

CLOSEST PARKING GARAGE:
PARKING C

Zone C

Cancer Resource Center

Cardiopulmanary Rehabilitation

Community Classrooms

Human Resources

Inpatient Rehabilitation

Labor & Delivery

Medical Records

Mother and Baby

Neonatal ICU

Outpatient Infusion Center

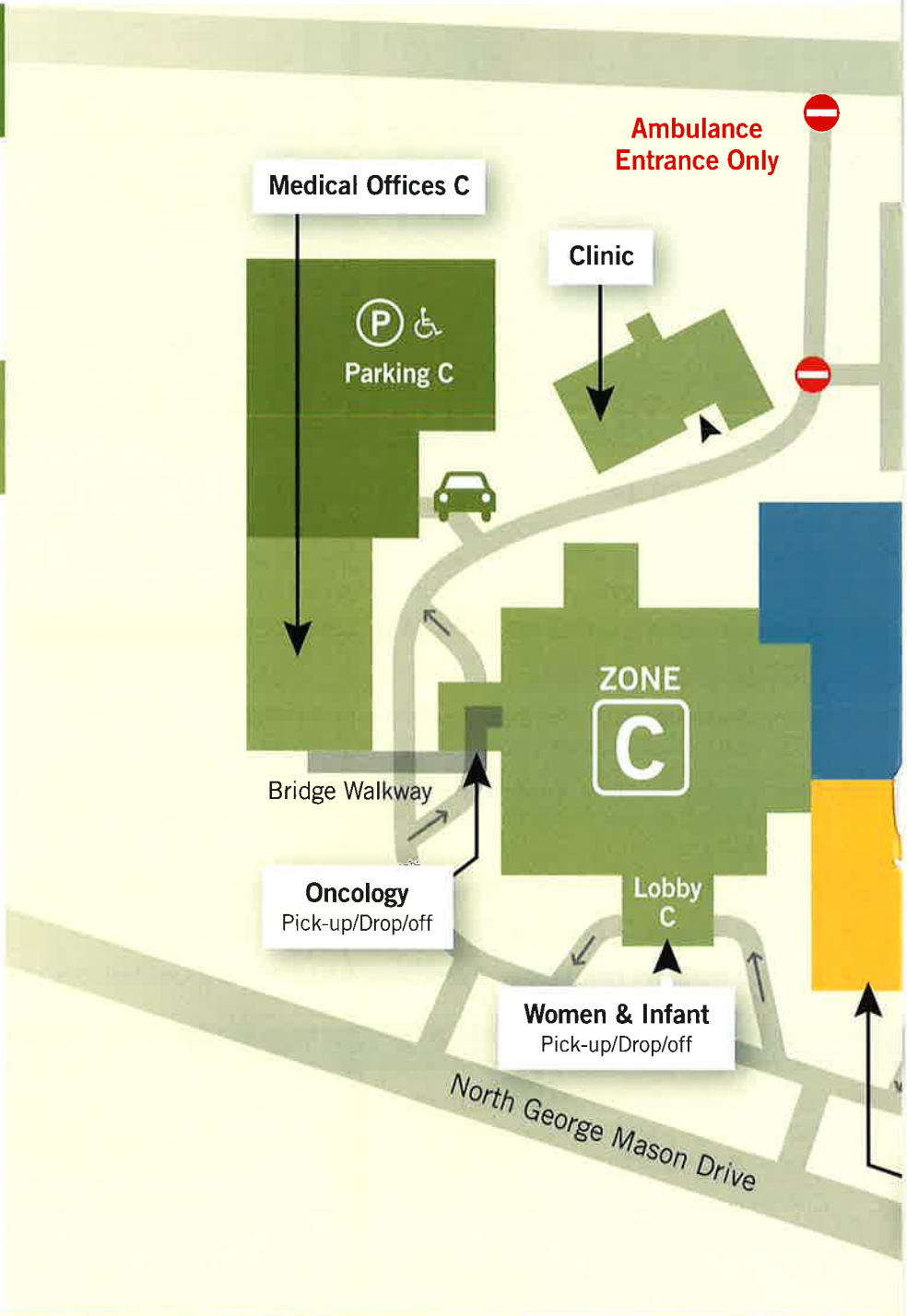
Radiation Oncology / Cyberknife

Teal Center

VHC Foundation

Wound Healing & Hyperbaric Center

CLOSEST PARKING GARAGE:
PARKING C



Information Desks are located throughout the hospital to provide assistance to your appointment destination. They are staffed and located in buildings:

- Lobby A from 8:00 am–6:00 pm
- Lobby B from 8:00 am–3:00 pm
- Lobby C from 8:00 am–4:00 pm

Main Campus is located at 1701 N. George Mason Drive, Arlington, VA 22205

Zone A
(no entry after 8:00 pm except for Emerg. Dept.)

- Admitting
- Cardiac/Cath Labs
- Chapel
- EKG/Sleep Lab
- Executive Office
- Emergency Department
- Intensive Care Unit (ICU)
- Medical Inpatient Units/Rooms
- Outpatient Rehabilitation
- Medical Offices A
- Pre-Operative Screening
- Radiology
- Surgery Center

CLOSEST PARKING GARAGE:
PARKING A

Zone B
(no entry after 8:00 pm)

- Behavioral Health Unit
- Conference Center
- Food Court
- GI Services
- Medical Offices B
- Outpatient Laboratory
- Outpatient Pharmacy
- Radiology (CT/MRI)

CLOSEST PARKING GARAGE:
PARKING B

If you need assistance parking your vehicle in the garage, Parking Valets are located at Parking A.

If your appointment is located in another building and you need assistance, you may ask at the Lobby A Information Desk for a Wheelchair Escort. (All Information Desks and your physician office may also call for a Wheelchair Escort at any time!)

Resources to Meet Every Need

Professional Assistance May Be the Solution—No Matter What the Problem Is

When it comes to life's biggest decisions, most challenging transitions, and largest opportunities, we generally turn to professionals for help. From planning a move to planning for the financial future, there are professionals who can help with every step of life's journey.

With an increasing number of credentialed professionals specifically trained to meet a diverse array of needs, there is generally a professional for that—no matter what that is. Many of these professionals work directly with Aging Life Care Managers to help older adults achieve their best quality of life and to deliver the best possible results for families. In fact, in many instances, care managers will recommend professionals who become a vital part of a client's care team.

No matter what stage of life you find yourself in or what your age, there is never any reason to face life's changes and challenges alone. Enlist the help of a professional and get the help you need.

Some of the more prominent categories of professionals are detailed below. The tables on the following pages list dozens of options that are available in these and other categories. For specific information on available services, please contact the individual providers.

AGING IN PLACE SOLUTIONS

Need to update your home to meet your changing needs? Want some help running errands? Have medical needs that require special equipment? There are individuals and businesses available to meet all your needs and allow you to remain safely in your home. Successfully aging in place frequently requires additional assistance from professionals to ensure that all daily needs are met and the home environment remains safe.

ASSISTIVE TECHNOLOGY

In today's connected world, we are all accustomed to turning to technology for solutions. Help managing the challenges that come with aging or disability is no different. There are many technologies that can help you with all types of needs—from staying in contact with family to hearing better. Technology professionals can help clients find specific technologies that can improve their living environments and their lifestyles.

DOWNSIZING/MOVING SOLUTIONS

Moving is one of life's most monumental tasks. Add in the fact that many seniors have been in their homes for two, three, or more decades, and moving becomes even more daunting. Whether you need to declutter and downsize in preparation for a move to a retirement community, or just have your home deep cleaned to provide a safer living environment, there are professionals available to help. When it comes time to sell the family home, there are also professionals available to prepare the home and ensure that you get top market value.

Continued on page 26

ORGANIZATION	PHONE	WEB
ADULT DAY CARE PROGRAMS		
Arlington Adult Day Program	703.228.5340	aging-disability.arlingtonva.us/programs/adult-day/
Fairfax Adult Day Health Care Program	703.246.8743	fairfaxcounty.gov/health/adult-day-health-care
Lincolnia Adult Day Health Care Center – Fairfax County	703.914.1372	fairfaxcounty.gov/health/adult-day-health-care/lincolnia

ADVOCACY		
Arlington County Commission on Aging	703.228.1700	commissions.arlingtonva.us/coa/
National Association of Area Agencies on Aging	202.872.0888	n4a.org
National Council on Aging	571.527.3900	ncoa.org
Northern Virginia Long-Term Care Ombudsman	703.324.5861	fairfaxcounty.gov/dfs/olderadultservices/ltombudsman

AGING, DISABILITY AND CAREGIVER INFORMATION		
Alexandria Aging and Adult Services	703.746.5999	alexandriava.gov/Aging
Arlington Aging and Disability Services	703.228.1700	aging-disability.arlingtonva.us
Brain Injury Services	703.451.8881	braininjurysvcs.org
DC Office on Aging	202.724.5622	dcoa.dc.gov
Eldercare Locator	800.677.1116	eldercare.acl.gov
Endependence Center	703.525.3626	ecnv.org
Fairfax County Services for Older Adults	703.324.7948 TTY 711	fairfaxcounty.gov/familyservices/older-adults
IONA Senior Services	202.895.9448	iona.org
Jewish Council for the Aging (JCA)	703.425.0999	accessjca.org
Prince William County Area Agency on Aging	703.792.6400	pwcgov.org/government/dept/aaa/pages/default.aspx
Senior Services of Alexandria	703.836.4414	seniorservicesalex.org

ALZHEIMER'S AND MEMORY CARE SUPPORT		
Alzheimer's Association, National Capital Area Chapter	703.359.4440	alz.org/nca/
Alzheimer's Foundation of America	866.232.8484	alzfdn.org
Nat'l Institute on Aging, Alzheimer's Disease & Dementia Res.	800.438.4380	nia.nih.gov/alzheimers
Project Lifesaver – Alexandria	703.746.5151	www.alexandriava.gov/sheriff/info/default.aspx?id=65892
Project Lifesaver – Arlington	571.388.6886	police.arlingtonva.us/prevention-safety/project-lifesaver/
Project Lifesaver - Fairfax	703.246.2805	fairfaxcounty.gov/sheriff/lifesaver.htm
VHC Alzheimer & Dementia Caregiver Support Group	703.558.6859	seniorhealth@virginiahospitalcenter.com

Please confirm all information with providers.

Highlighting denotes paid sponsorship

Resources

ORGANIZATION	PHONE	WEB
CARE MANAGEMENT		
Aging Life Care Association	520.881.8008	aginglifecare.org
ElderLink	703.324.5374 TTY 711	fairfaxcounty.gov/familyservices/older-adults/elderlink
Independent You	703.999.3006	independentyou.net
JSSA (Jewish Social Services Agency)	703.204.9100	jssa.org
Lifematters	571.282.2600	lifemattersusa.com
LionHeart Eldercare & Consulting	703.677.8319	lionheartedercare.com
CLINICS		
Arlington Free Clinic	703.979.1425	arlingtonfreeclinic.org
Virginia Hospital Center Outpatient Clinic	703.558.6144	virginiahospitalcenter.com/medical-services/community-health-clinics/outpatient-clinic/
COUNSELING		
Crisis Link	800.273.8255	prsinc.org/crisislink
Haven of Northern Virginia	703.941.7000	havenofnova.org
JSSA (Jewish Social Services Agency)	703.204.9100	Jssa.org
FINANCIAL SERVICES		
Lifecare Affordability Plan	703.940.3000	lifecareaffordability.com/vhc
HEARING AND SPEECH RESOURCES		
Alexander Graham Bell Assoc. for the Deaf & Hard of Hearing	202.337.5220	agbell.org
Northern Virginia Resource Ctr. for Deaf & Hard of Hearing Persons	703.352.9055 703.352.9056 TTM	nvrc.org
Washington Ear	301.681.6636	washear.org
HOSPICE AND PALLIATIVE CARE		
Capital Caring	800.869.2126	capitalcaring.org
Goodwin House Hospice	703.578.7108	goodwinhouse.org/health-care-services/hospice
Virginia Hospital Center Palliative Care	703.558.8501	virginiahospitalcenter.com/medical/palliative_care.aspx
VITAS Healthcare	855.655.1783	www.vitas.com
INSURANCE		
Centers for Medicare and Medicaid		cms.gov
Medicare	800.633.4227	www.medicare.gov
Virginia Insurance Counseling and Assistance Program	800.552.3402	vda.virginia.gov/vicap.htm
LEGAL SERVICES/ELDER LAW		
Farr Law Firm	703.691.1888	farrlawfirm.com

Please confirm all information with providers.

Highlighting denotes paid sponsorship

ORGANIZATION	PHONE	WEB
LIBRARY		
Alexandria Public Library Accessibility Services	703.746.1702	alexlibraryva.org/accessibility-services
Arlington Public Library Accessibility Services	703.228.6333	library.arlingtonva.us/services/accessibility-services
Fairfax County Public Library Access Services	703.324.8380	fairfaxcounty.gov/library/branches/as/
Prince William Public Library	703.792.6100	pwcgov.org/government/dept/library/pages/contact.aspx
MEAL AND FOOD DELIVERY		
Elder Nourish	571-234-1135	eldernourish.com
Instacart Grocery Delivery	888.246.7822	instacart.com
Meals on Wheels	888.998.6325	mealsonwheelsamerica.org
Meals on Wheels – Senior Services of Alexandria	703.836-4414	seniorservicesalex.org/programs/meals-on-wheels/
Meals on Wheels – Arlington County	703 522 0811	mealsonwheelsarlington.com/
Meals on Wheels – Fairfax County	703.324.5409	fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels
Mom's Meals	1.877.508.6667	momsmeals.com
Peapod by Giant Grocery Delivery		peapod.com
Silver Cuisine by bistroMD	844.404.3663	silver.bistromd.com
MOVING COORDINATION, DOWNSIZING & DESIGN		
Overwhelmed How Can I Help	703.508.3056	overwhelmedhowcanihelp.com
PATIENT ADVOCACY SERVICES		
Northern Virginia Long-Term Care Ombudsman Program	703.324.5861	fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/
PERSONAL EMERGENCY RESPONSE SYSTEM		
CareRing	703.516.6769	prsinc.org/careering
Philips Lifeline through Virginia Hospital Center	703.558.6859	www.virginiahospitalcenter.com/senior
SAFE AND ACCESSIBLE HOME DESIGN		
TruBlue Total House Care	703.319.0959	trubluehousecare.com/vienna
STATE & NATIONAL RESOURCES		
Disability Navigator	866.393.0957	disabilitynavigator.org
Eldercare Locator	800.677.1116	eldercare.gov
Senior Navigator	866.393.0957	seniornavigator.org

Please confirm all information with providers.

Highlighting denotes paid sponsorship

ORGANIZATION	PHONE	WEB
TRANSPORTATION		
Arlington County Aging Transportation Services	703.228.1700	aging-disability.arlingtonva.us/resources/transportation
Endependence Center of Northern Virginia	703.525.3268	ecnv.org
Fairfax County: Seniors on the Go	703.877.5800	fairfaxcounty.gov/neighborhood-community-services/transportation/taxi-voucher-program/
Falls Church Transportation – Fare Wheels Program	703.248.5005	fallschurchva.gov/700/transportation-assistance
Metro Travel Training	202.962.2703	wmata.com/accessibility/advocacy-policy/metro_accessible.cfm
NVRides	703.537.3071	nvrides.org
Shepherd Center: Annandale/Springfield	703.941.1419	shepherdscenter-annandale.org
Shepherd Center: McLean/Arlington/Falls Church	703.506.2199	scmafc.org
Shepherd Center: Fairfax/Burke	703.323.4788	scfbva.org
Shepherd Center: Vienna/Oakton	703.281.0538	scov.org

VILLAGE RELATED ORGANIZATIONS		
Arlington Neighborhood Village	703.509.8057	arlnvil.org
At Home Alexandria	703.231.0824	athomeinalexandria.org
Mt. Vernon At Home	703.303.4060	mountvernonathome.org
Village to Village Network	617.299.9638	vtvnetwork.org
Washington Area Villages Exchange		wavevillages.org

Please confirm all information with providers.

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Resources to Meet Every Need

Continued from page 22

MEDICAL SOLUTIONS

Sometimes medical needs require the help of a specialist or a business that caters to specific conditions or illnesses. Professionals can help you with a wide range of needs—from vision services to hospice care to mental health care and everything in between.

PLANNING SOLUTIONS

Planning ahead for financial and legal needs is important at every stage of life, but never more so than during retirement. Financial and legal needs frequently become more complex with age. You may need help with tasks ranging from paying bills and managing paperwork to estate planning and managing Medicaid. Professionals are available who specialize in each of these areas and can make meeting your financial and legal needs easy.

SOLUTIONS FOR PROFESSIONALS

From Aging Life Care Managers to Elder Law Attorneys to assisted living and homecare providers, all professionals who work with senior clients and their families need specialized training to ensure that they have the most up-to-date information and education. Professionals who train their peers help to ensure that all seniors get the best possible assistance with all their needs.

OVERWHELMED HOW CAN I HELP, LLC | 703-508-3056 | overwhelmedhowcanihelp.com

We are here to help you through the process of moving: packing, unpacking, donations, estate liquidation or would you prefer to Age-in-Place? We can help you make those decisions before you are forced to make one.

Certification's: Move Managers, Aging-in-Place Home Specialist, CAPS, COVID-19 Compliant.

Overwhelmed... HOW CAN I HELP LLC

Understand Aging Life Care™

Acting as guides and advocates for families

Aging Life Care / geriatric care management is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges.

WHAT IS AN AGING LIFE CARE PROFESSIONAL?

An Aging Life Care Professional™, also known as a geriatric care manager, is a health and human services specialist who acts as a guide and advocate for families who are caring for older relatives or disabled adults. The Aging Life Care Professional is educated and experienced in any of several fields related to aging life care / care management, including, but not limited to gerontology, nursing, social work, psychology or occupational therapy.

The Aging Life Care Professional assists clients in attaining their maximum functional potential. The individual's independence is encouraged, while safety and security concerns are also addressed. Aging Life Care Professionals have extensive knowledge about the costs, quality and availability of resources in their communities.

Aging Life Care Professionals are members of the Aging Life Care Association™ (ALCA) and differ from Patient Advocates, Senior Advisors, Senior Navigators and Elder Advocates. ALCA members must meet the stringent education, experience and certification requirements of the organization, and all members are required to adhere to a strict code of ethics and standards of practice.

WHAT SERVICES DO AGING LIFE CARE PROFESSIONALS PROVIDE?

Aging Life Care Professionals provide guidance to help families ensure quality care and an optimal life for those they love through:

- Assessment and monitoring
- Planning and problem-solving
- Education and advocacy
- Family caregiver coaching
- Long-distance caregiving

Aging Life Care Professionals are engaged to assist in a variety of areas, such as:

- **Housing** – helping families evaluate and select the appropriate level of housing or residential options.
- **Home care services** – determining the types of services that are right for a client and assisting the family to engage and monitor those services.
- **Medical management** – attending doctor appointments; facilitating communication between doctor, client and family; and if appropriate, monitoring client's adherence to medical orders and instructions.
- **Communication** – keeping family members and professionals informed as to the well-being and changing needs of the client.
- **Social activities** – providing opportunities for the client to engage in social, recreational or cultural activities that enrich quality of life.
- **Legal** – referring to or consulting with an elder law attorney; providing expert opinions for courts in

determining level of care.

- **Financial** – may include reviewing or overseeing bill paying or consulting with an accountant or client's Power of Attorney.
- **Entitlements** – providing information on Federal and state entitlements; connecting families to local programs.
- **Safety and security** – monitoring the client at home; recommending technologies to add to security or safety; observing changes and potential risks of exploitation or abuse.
- **Long-distance care** – coordinating the care of a loved one for families that live at a distance, including crisis management. Local, cost-effective resources are identified and engaged as needed.

A care plan tailored for each individual's circumstances is prepared after a comprehensive assessment.

HOW DO YOU KNOW THAT YOU NEED AN AGING LIFE CARE PROFESSIONAL?

You may need an Aging Life Care Professional if:

- The person you are caring for has limited or no family support.
- Your family has just become involved with helping the individual and needs direction about available services.
- The person you are caring for has multiple medical or psychological issues.
- The person you are caring for is unable to live safely in his/her current environment.
- Your family is either "burned out" or confused about care solutions.
- Your family has limited time and/or expertise in dealing with your loved ones' chronic care needs.
- Your family is at odds regarding care decisions.
- The person you are caring for is confused about his/her own financial and/or legal situation.
- Your family needs education and/or direction in dealing with behaviors associated with dementia.
- You live at a distance from your loved one.

Independent YOU™

Enriching the Lives of Seniors

CELEBRATING 10 YEARS Independent YOU

We work closely with individuals and families to provide high quality, client-centered, and affordable home care and Geriatric Care Management services, so that seniors are able to lead dignified and independent lives, in the comfort and safety of their own homes

Call today for an in-home assessment and rate information at 703-999-3006 or vist us online at www.independentyou.net

Understanding Advance Directives

Protecting Patient Rights

One of Virginia Hospital Center's most important responsibilities is to protect patients' rights to make decisions about their medical care. Through both federal and state laws, patients are guaranteed the right to accept or refuse care and to make advance directives about their care. The rights of patients and the responsibilities of healthcare institutions are explained in the following questions.

WHAT IS AN ADVANCE DIRECTIVE?

An advance directive is a legal document that details medical and healthcare decisions that should be made on behalf of a patient if they are no longer able to make decisions. The document has two distinct parts.

The first part, sometimes called a living will, ensures that patients receive only the life-prolonging treatments they select. Life-prolonging treatments are efforts that will not cure a terminal condition but will prolong dying. They include hydration (giving water) and nutrition (giving food) by tube, machines that breathe for you, and other kinds of medical and surgical treatment. Life-prolonging procedures do not include treatments needed to make you comfortable or to ease pain. In an advance directive, patients can specify which types of life-prolonging procedures they wish to receive or not receive.

Advance directives also allow patients to name an agent to act as their decision maker if they become incapacitated. This second part of an advance directive is often called a medical power of attorney.

WHERE DO I GET AN ADVANCE DIRECTIVE?

A copy of an advance directive is available in this publication on page 29 and on Virginia Hospital Center's website. Visit www.virginiahospitalcenter.com/patients-visitors/advance-directives/ to download a copy.

HOW DO I EXERCISE MY HEALTHCARE RIGHTS?

Doctors help patients exercise their healthcare rights when they provide information about recommended medical treatments. When you agree to a recommended treatment, you have given your informed consent. You also have the right to refuse any recommended treatment.

WHAT HAPPENS IF I CANNOT GIVE MY CONSENT?

That is where an advance directive comes in. Adults can sign an advance directive to make their choices about medical treatments known in advance. If you become incapacitated, doctors can use this document to deliver only the medical treatments you want. Advance directives also give patients the option to appoint an agent to make decisions for them if needed.

WHAT HAPPENS IF I CANNOT MAKE DECISIONS AND I HAVE NO ADVANCE DIRECTIVE?

Virginia law lists persons such as guardians or family members who may make decisions about your medical care even if you have no advance directive. If no listed person is available to decide for you, a judge can decide what treatment is best.

WILL AN ADVANCE DIRECTIVE HELP ME IF I DO NOT HAVE A TERMINAL CONDITION?

Yes. You may still name someone to make treatment decisions for you if at some point you cannot make them yourself.

DO I NEED A LAWYER TO HELP ME MAKE AN ADVANCE DIRECTIVE?

While you may want to consult an attorney, you do not need one to prepare either type of advance directive. The standard form is available in this publication and on Virginia Hospital Center's website at www.virginiahospitalcenter.com/patients-visitors/advance-directives/

HOW WILL MY DOCTOR KNOW IF I HAVE AN ADVANCE DIRECTIVE?

Hospitals and other healthcare facilities must ask patients or residents if they have an advance directive and, if so, must see that a patient's or resident's medical record shows that they have one. You should provide copies of your advance directive to your family and to your doctor.

For additional information, visit www.virginiahospitalcenter.com/patients-visitors/advance-directives/.

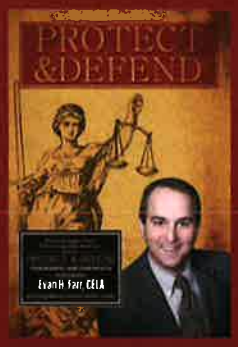
AGING? DISABLED?

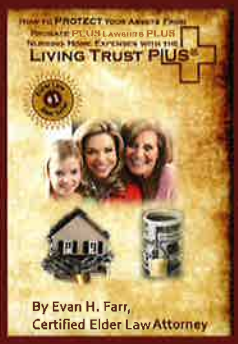
Thinking About a Care Facility? Worried About Losing Your House or Protecting Your Spouse?

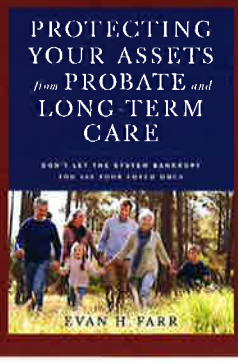
Call Now 703.691.1888

LET US HELP! Evan H. Farr is a Certified Elder Law Attorney, best-selling author of 4 separate books in the field of elder law, and one of the Foremost Experts in the Country in the Field of Medicaid Asset Protection and Medicaid Asset Protection Trusts.

Call us Today at 1-800-399-FARR (3277).







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See Web Site for Monthly Seminar Schedule

Advance Directive

This document has been prepared and distributed as an informational service.

INSTRUCTIONS AND DEFINITIONS

Introduction

This form is a combined Durable Power of Attorney for Health Care and Living Will for use in Virginia.

With this form, you can:

- Appoint someone to make healthcare decisions for you if, in the future, you are unable to make those decisions for yourself.

And/or

- Indicate what health care treatment you do or do not want if in the future you are unable to make your wishes known or are incapacitated.

  This document also gives you the ability to make mental health decisions regarding future admissions with your attending physician's knowledge and signature.

Directions

- Read each section carefully.
- Talk to the person you plan to appoint to make sure that he/she understands your wishes, and is willing to take the responsibility.
- Place the initials of your name in the blank before those choices you want to make.
- Fill in only those choices that you want. Your advance directive will be valid for whatever part(s) you fill in, as long as it is properly signed and witnessed.
- Cross through any sections that you do not wish to make a decision on at this time.
- Add any special instructions in the blank spaces provided. You can write additional comments on a separate sheet of paper, but you should indicate on the form that there are additional pages to your advance directive.
- Sign the form and have it witnessed.
- Give your doctor, your nurse, your durable power of attorney, your family, and anyone else who might be involved in your care, a copy of your advance directive and discuss it with each person.
- Understand that you may change or cancel this document at any time.

Words You Need To Know

Advance Directive
A written document that tells what a person wants or does not want if, in the future, he/she can't make his/her wishes known about healthcare treatment.

Artificial Nutrition and Hydration
When food and water are given to a person through a tube.

General Comfort Measures
Care that helps to keep a person comfortable but does not intend to cure. Comfort care, pain and symptom management.

CPR (Cardiopulmonary Resuscitation)
Treatment to try and restart a person's breathing or heartbeat. CPR may be done by pushing on the chest, by putting a tube down the throat, or by other treatments.

Durable Power of Attorney for Health Care/Health Care Surrogate
An advance directive that appoints someone to make medical decisions for a person if in the future he/she can't make his/her own medical decisions.

Life-Sustaining Treatment
Any medical treatment that is used to keep a person from dying. A breathing machine, CPR, and artificial nutrition and hydration are examples of life-sustaining treatments.

Living Will
An advance directive that tells what medical treatment a person does or does not want if he/she is not able to make his/her wishes known.

Organ and Tissue Donation
When a person permits his/her organs (such as eyes or kidneys) and other parts of the body (such as skin) to be removed after death to be transplanted for use by another person or to be used for experimental purposes.

Persistent Vegetative State
When a person is unconscious with no reasonable expectation of regaining consciousness even with medical treatment. The body may move and eyes may be open but as far as anyone can tell, the person can't think or respond.

Terminal Condition
An on-going condition caused by injury or illness that has no cure and from which doctors expect the person to die even with medical treatment.

For More Information Call:
Patient Relations 703.558.6195 or Pastoral Care 703.558.6128

MR0020

VIRGINIA HOSPITAL CENTER

ADVANCE DIRECTIVE

Page 1 of 4
122682-9250-052410

PATIENT LABEL

APPOINTMENT OF MY AGENT (DURABLE POWER OF ATTORNEY FOR HEALTH CARE)

☐ I appoint this person to make decisions about my medical care if there ever comes a time when I cannot make those decisions myself:	☐ If the person I appointed first cannot or will not make decisions for me, I appoint this person:
Primary Agent	**Successor Agent**
Name:	Name:
Home Phone:	Home Phone:
Work Phone:	Work Phone:
Address:	Address:

☐ I have not appointed anyone to make health care decisions for me in any other document.

I want the person I have appointed, my doctors, my family, and others to be guided by the decisions I have made below regarding all health care decisions. I understand my agent has powers only if I am incapacitated or unable to make my wishes known.

I understand that my advance directive may include the selection of an agent in addition to setting forth my choices regarding health care. **Health Care** is defined as furnishing services to any individual for the purpose of preventing, alleviating, curing, or healing illness, injury or physical disability including but not limited to medications, surgery, blood transfusions, chemotherapy, radiation therapy, admission to a hospital, nursing home, assisted living facility and life prolonging procedures and palliative care.

Incapable of making an informed decision means that I am unable to understand the nature, extent and probable consequences of a proposed healthcare decision or unable to make a rational evaluation of the risks and benefits of a proposed healthcare decision. The Virginia Code for Advance Directives requires that two physicians are necessary to determine incapacity. One is your attending physician and another is a doctor not involved in your care. Both physicians must fully examine you and document their findings in your medical record.

MY END OF LIFE CARE

Life Sustaining Treatments if I am in a terminal condition or Persistent Vegetative State (PVS).

☐ I do not want life-sustaining treatments (including CPR) started. If life-sustaining treatments are started, I want them stopped.

☐ I want life-sustaining treatments that my doctors think are best for me.

☐ Other wishes:

Artificial Nutrition and Hydration

☐ I do not want artificial nutrition started if it would be the main treatment keeping me alive. If artificial nutrition is started, I want it stopped.

☐ I do not want artificial hydration started if it would be the main treatment keeping me alive. If artificial hydration is started, I want it stopped.

☐ I want artificial nutrition even if it is the main treatment keeping me alive.

☐ I want artificial hydration even if it is the main treatment keeping me alive.

☐ Other wishes:

Comfort Care
☐ I want to be kept as comfortable and free of pain as possible, even if it leads to reduced consciousness.
☐ Other wishes:

Other Directions
You have the right to be involved in all decisions about your medical care. If you have wishes not covered in other parts of this document, please indicate them here.

Organ Donation	**Autopsy**
☐ I want to donate all of my organs and tissues.	☐ I agree to an autopsy if my doctors wish it.
☐ I only want to donate these organs and tissues:	☐ I do not want an autopsy.
	☐ Other wishes:
☐ I do not wish to donate any of my organs or tissues.	
☐ Other wishes:	
	If you wish to say more about any of the above choices, or if you have any other statements to make about your medical care, you may do so on a separate sheet of paper. If you do so, put the number of pages you are adding here:

SIGNATURES

You and two witnesses must sign this document in order for it to be legal.
Must be age 18 or older to witness.

Your Signature	
By my signature below, I show that I understand the purpose and the effect of this document.	Date
Print Name	Signature

Your Witnesses' Signatures	
I believe the person who has signed this advance directive to be of sound mind, that he/she signed or acknowledged this advance directive in my presence, and that he/she appears not to be acting under pressure, duress, fraud, or undue influence.	
Witness #1	Witness #2
Print Name	Print Name
Signature Date	Signature Date
Address	Address

MENTAL HEALTH DECISIONS

(If you give your agent the powers described in this Subsection below, your physician must complete the following attestation.) Cross through options if they do not apply to you.

I authorize my admission to a health care facility for the treatment of mental illness for no more then 10 calendar days, ***even over my protest***, if a physician on staff examines me and states that I have a mental illness and I am incapable of making an informed decision about my admission, and that I need treatment in the facility.

Your Printed Name _____

Your Signature _____ Date _____

As the physician or licensed clinical psychologist, I hereby attest that at the time that the patient signed the advance directive he/she was capable of making an informed decision and understood the consequences of this provision of his/her advance directive:

Doctor's Printed Name _____

Doctor's Signature _____ Date _____

Cross out any section that does not apply to you

I authorize the specific types of health care identified in this advance directive ***even over my protests.***

_____

_____

_____

Your Printed Name _____

Your Signature _____ Date _____

As the physician or licensed clinical psychologist, I hereby attest that at the time that the patient signed the advance directive he/she was capable of making an informed decision and understood the consequences of this provision of his/her advance directive:

Doctor's Printed Name _____

Doctor's Signature _____ Date _____

Financial Planning for Senior Healthcare

Evaluate Needs and Calculate Options

Few things are guaranteed in the game of life. Healthcare costs just might be one of them. At some point, most people will face ongoing and potentially large healthcare costs. The odds increase dramatically with age. Now is the time to prepare for healthcare costs as you age. Follow this simple path for planning.

Lifestyle

- Do you have a plan to get to the store and doctor appointments when you stop driving?
- Have you considered having services come to your home when you stop driving?
- Do you know how your health conditions will progress with age?
- Have you thought about staying in your home versus moving elsewhere as you age?

Continued on next page

Your loved one needs care. How will you pay for it?

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CLU, CHFC, AIF®

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Lifestyle

Continued from previous page

- Do you know the senior services support organizations in your community?
- Do you have a support system in place if you are caring for a loved one with Alzheimer's Disease or another form of dementia?

Cash Flow

- Do you have social security and if so, do you know your monthly income?
- Do you have a pension and if so, do you know your benefit income?
- Do you understand social security and pension survivor benefits?
- Do you know the direct and indirect costs of your health insurance?
- Are you saving to cover for emergency healthcare costs?
- Do you understand what Medicare will and will not pay for?
- Do you understand the three qualification areas to apply for Medicaid financial assistance?
- Do you know how your monthly income will change if one spouse dies?

Taxes

- Do you know the kinds of expenses that could be considered deductible when faced with a chronic illness?
- Have you consulted with your tax preparer to optimize deductions relating to increased healthcare costs for this year?
- Do you know how the SECURE Act affects your retirement?

Financial Institutions

- Do you work with a financial professional?
- Do you know when to change your investment strategy (cash, CDs, bonds, stocks, etc.) based on an increase in healthcare costs?
- Have you considered if it still makes sense to have accounts at multiple financial institutions versus simplifying or consolidating?
- Can family members access and understand your accounts to help when needed?

Long Term Care Insurance (LTCI) Contracts

- Do you understand what your LTCI policy will and will not pay for?
- Do you know if your policy has a maximum payout?
- Do you know your options if asked to pay a higher premium?
- Do you know the criteria for submitting a claim?
- Are you aware of the actual cost of care compared to your LTCI reimbursement amount?

Planning Where to Live

- Do you plan to stay in the same area, move closer to family, or move to warmer weather?
- If you want to age in place in your home, have you had your home assessed by a healthcare professional for livability?
- If you are planning to work with an agency to provide help in the home, have you researched the hourly/daily fee?
- If you are considering moving to a retirement community, do you have an idea of the services offered and pricing models?
- Are you or your loved one in need of 24-hour care?
- Are you familiar with all of the senior housing options?

Finish

If the answer is **YES** to all of these questions, welcome to a financially feasible retirement.

If the answer is no to some of these questions, then start planning now.
lifecareaffordability.com/vhc

Aging in Place Starts with the Home™

Many older adults want to "age in place" – stay in their homes as they get older. But without a safe, well maintained home, this simply isn't an option.

Carmen Hendricks, Owner & Certified Aging-in-Place Specialist

TruBlue can conduct a **Senior Home Safety Assessment** and perform any necessary modifications to make the home safer and more accessible, helping Seniors continue to live independently.

CAPS
CERTIFIED AGING-IN-PLACE SPECIALIST
NATIONAL ASSOCIATION OF HOME BUILDERS

Install a ramp with handrails to the front door.

Reduce fall hazards by placing no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.

Place light switches at the top and bottom of stairs and remember to turn on night lights.

Don't use area rugs and check that all carpets are fixed firmly to the floor.

Install grab bars near toilets and in the tub or shower.

Replace handles on doors or faucets with ones that are comfortable and easier to use.

CERTIFIED AGING-IN-PLACE SPECIALIST CERTIFICATION We enhance the ability of older adults to safely enjoy the comfort, freedom, and independence to "age safe at home".

Contact us today to learn how we can best serve you.
(703) 319-0959
We want to help you enjoy safe, worry-free living for many years to come.

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Safe and Accessible Homes

Creating home environments that promote aging in place

According to *2018 Home and Community Preferences: A National Survey of Adults Age 18-Plus* by AARP, 3 out of 4 adults age 50 and older want to stay in their homes and communities as they age. However, older adults are painfully aware of the challenges that come with aging in place. In the same study, only 59 percent of respondents anticipated being able to stay in their communities.

Unfortunately, more than half of Americans (52%) age 65 plus will need long-term care in their lifetimes, according to investment research firm Morningstar. Otherwise healthy older adults often need help recovering after a major illness or a fall. In fact, falls are the most frequent cause of injury for older adults and often lead to increased care needs. A 2015 study published in the *Journal of the American Medical Association* showed that about a third of older adults fall each year—and the number of falls is steadily rising.

If older adults plan to successfully age in place, they must plan ahead to improve the safety and function of their home environment.

Fortunately, there are a wealth of providers dedicated to helping older adults age in place. From home modification companies to emergency response services, there are professionals who can help older adults live in their homes for a lifetime.

Use this section to plan ahead.

CERTIFIED AGING-IN-PLACE SPECIALISTS

Certified Aging-in-Place Specialists (CAPS) are professionals who are knowledgeable about home modifications to facilitate aging in place. They are familiar with common remodeling projects and can offer solutions to the common barriers to remaining at home.

To find a Certified Aging-in-Place Specialist in your area, call the National Association of Home Builders at 800-368-5242 or use the "Find a Certified Aging-in-Place Specialist" tool at nahb.org.

OCCUPATIONAL THERAPISTS

As licensed health professionals, Occupational Therapists (OTs) help older adults find the supports they need to maximize health, safety and independence in the home environment. After performing an in-home assessment and identifying daily routines, OTs can make recommendations that will enhance both the function and safety of the home.

To learn more about occupational therapists, visit AOTA.org.

TEST YOUR HOME'S HEALTH

1. Is there a step-free entrance into your home?
2. Is there a bedroom, full bath and kitchen on the main level?
3. Are the interior doorways at least 36" wide?
4. Are the kitchen cabinets and shelves easy for you to reach?
5. Are there secure handrails on both sides of the stairs?
6. Are your staircases and hallways well lighted?
7. Do all of your area rugs have non-slip grips to prevent tripping or slipping?
8. Do you have a shower with a step-free entry?
9. Are there nonslip strips or nonslip mats in the bathtub and/or shower?
10. Is there "blocking" (e.g. a wood stud or other solid surface) behind the bathroom walls, so grab bars can be securely installed in the bathtub, shower and toilet areas?

Photo credit: Live in Place

Grab bars reduce fall risks and can be seamlessly integrated into any design.

Excerpted from AARP's HomeFit Guide. Consumers can download the complete worksheet at www.aarp.org/livable-communities/info-2014/home-fit-resources-worksheets.html.

Senior Villages Make Aging in Place Easier

A generation or two ago, many Americans assumed that, when they grew older and frailer, they would go to a nursing home or assisted-living facility. But aging looks different now. Today's older Americans — 88 percent of those 65+, according to a recent AARP study — prefer to stay in their home and community for as long as possible.

Villages are nonprofit, community-based organizations committed to helping people live and thrive in their own homes, surrounding them with the extra help they need to stay active and engaged. This "extra help" is provided by volunteers who share a passion for helping their neighbors age well in their homes. A Village offers many of the benefits of a traditional retirement community—all in the comfort of the family home.

Villages provide a way for seniors to stay connected, safe and engaged. Now especially, during and after the pandemic, Villages are a lifeline for seniors, providing transportation, grocery shopping, errands, and help both inside and out of their homes. Villages stay in contact with their members—providing regular check-in phone calls to their more vulnerable members and offering engaging social activities, in person or online as circumstances dictate.

Loneliness and social isolation are linked to serious health conditions—and seniors are at the greatest risk. Perhaps the most essential Village offerings are the engaging online and in-person activities and events: book groups, current events discussions, virtual art tours, birthday celebrations, educational talks with guest speakers, and much more that keep seniors connected with one another. Villages are an essential component of our senior safety net.

The Washington area leads the country in the growth of senior villages, going from about five in 2010 to 60 that are up and running or in development today. Here in Northern Virginia, you can find villages in the City of Alexandria, Arlington, Mount Vernon, and elsewhere relying on volunteers to provide the extra help and connection that makes aging-in-place possible.

At Home in Alexandria member and volunteer plant shopping.

Pre-pandemic volunteer driver from Mount Vernon At Home getting ready to take a member to a medical appointment. Volunteers and members adhered to all the necessary safety protocols during COVID-19.

Contact a VILLAGE Near You Today!

At Home in Alexandria, Arlington Neighborhood Village, and Mount Vernon At Home are three of the Washington area's more than 60 senior Villages. Find out more about these villages by visiting their websites or calling their offices.

AHA! AT HOME IN ALEXANDRIA

At Home In Alexandria
703 231-0824
aha@athomeinalexandria.org
www.athomeinalexandria.org

Arlington Neighborhood Village
703-509-8057
info@arlnvil.org
www.arlnvil.org

Mount Vernon AT HOME

Mount Vernon At Home
703-303-4060
info@mountvernonathome.org
www.mountvernonathome.org

House calls

Medical care at home

For every individual in a nursing home, there are three more people equally fragile and infirm living at home, according to the American Academy of Home Care Medicine (AAHCM). Physicians and medical groups specializing in house calls have become increasingly available to such patients.

If you are unable to visit your own physician, house call physicians who come to your home can provide consultations to your doctor or serve as your private doctor. Because of changes in medical technology, a physician can come to your home with portable medical equipment and provide high-quality medical care.

FINDING THE BEST PHYSICIAN

The following questions are important to ask any physician offering to come to your home:

- Is the physician who owns your medical group present every day at the local facility?
- Do you have a medical director and, if so, is the medical director present every day?
- Are you Board-certified?

The AAHCM provides a list of its members and medical groups providing home care physician services as a public service. The listing is intended for informational purposes only. The AAHCM does not check the compliance of its members with licensing, wbilling or other regulatory requirements. It cannot attest to the qualifications and billing practices of individual physicians. Therefore, users should obtain information about licensure, qualifications and billing from the physicians and groups themselves.

Visit aahcm.org for more information.

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Our services include:

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Children's Hospice & Palliative Care: Specialized care for infants and children

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Stay-At-Home Services: Meal preparation and delivery; professional caregiving services

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- Grocery Pick-up
- Monitoring For Condition Changes
- Reviewing Discharge Paperwork
- Mediction Reminders
- Laundry and Linen Change
- Light Housekeeping
- Meal Preparation
- Clothing Change
- Assistance with Bathing
- Personal Hygiene

Navigating your first few days at home post discharge can be overwhelming; let us help you rest, recover and regain your strength.

Call and speak with one of our client relations specialists to arrange for a helping hand after a stay in the hospital or rehab facility.

202.333.3400 - DC Office
301.968.2457 - MD Office
571.765.6046 - VA Office

Home Care

Receive assistance at home

Home care can include a wide variety of healthcare and supportive services from professional nursing and home health aide services to physical, occupational, respiratory and speech therapies. An advancing industry, home healthcare is essentially skilled nursing care and certain other forms of healthcare that you get in your home for the treatment of an illness or injury. It is an important option to consider regardless of one's age or health conditions.

OPTIONS IN HOME CARE

An incredibly diverse field, home care includes companion care, home healthcare or skilled nursing care.

COMPANION CARE is provided by caregivers or companions, who serve as surrogate family members, performing many of the tasks that family members would typically complete. Assistance from companion caregivers can include meal preparation, medication reminders, laundry, light housekeeping, shopping, transportation and assistance with exercising. The overall goals

Continued on page 49

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Virginia Licensed Home Care Agency

Medicare and Home Care

Know the coverage options

When it comes to understanding Medicare coverage, many individuals can find themselves confused by a complex web of information. This especially applies to those who want to know if they are eligible for Medicare coverage when entering a nursing home or receiving home health care.

First, you can use your home health care benefits if all of the following applies to your situation. Your doctor must prescribe that you need medical care at home and create a care plan. The care you need has to be intermittent and in the form of skilled nursing care, physical therapy, occupational therapy or speech therapy. The home health agency must be Medicare-certified and you must be homebound, or unable to leave the home unassisted.

Once you have established those requirements, it is important to understand what Medicare will actually cover, which includes the following:

- Home health aide services on a part-time or intermittent basis, as long as there is a skilled need
- Medical social services
- Certain medical supplies
- Durable medical equipment (wheelchair, walker, bedside commode, etc.)

Given the services and products that Medicare does cover, it is also valuable to take note of what is not covered. Care that is required 24 hours a day will not be covered. Other services not covered include personal care provided by home health aides such as bathing and dressing, along with homemaker services like cleaning and laundry.

If you require care that goes beyond intermittent visits for a limited amount of time, or if your needs are not covered by Medicare, an important option to consider is private duty home care. For more information on Medicare coverage, visit **medicare.gov**.

Do You Need Help Caring For A Loved One?

The Right Care, Right at Home

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Transportation Options

Get help and get going

Getting from point A to point B does not have to be challenging for older adults. Even after giving up the car keys or limiting driving, older adults can still maintain their independence. There are lots of local service providers that help older adults get where they need to go.

Here are just a few of the local transportation options available for older adults.

NV RIDES

NV Rides coordinates a network of local partner organizations driven to help older neighbors with their transportation needs. Through partner organizations throughout Northern Virginia, well-organized volunteer drivers are available to help older adults with rides, conversation and kindness.

703.537.3071
nvrides.org

METRO ACCESS

MetroAccess is a shared-ride, door-to-door, paratransit service for people whose disability prevents them from using bus or rail. Eligibility requirements apply.

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www.wmata.com/service/accessibility/metro-access

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gogograndparent.com\

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Choosing Home Care

Use these questions to interview providers:

- ☐ How long has this provider been serving the community?
- ☐ Does this provider supply literature explaining its services, eligibility requirements, fees and funding sources? Many providers furnish patients with a detailed "Bill of Rights" that outlines the rights and responsibilities of the providers, patients and caregivers.
- ☐ How does this provider select and train its employees?
- ☐ Does it protect its workers with written personnel policies, benefits packages and malpractice insurance?
- ☐ Are nurses or therapists required to evaluate the patient's home care needs? If so, what does this entail?
- ☐ Do they consult the patient's physicians and family members?
- ☐ How does the agency follow up on and resolve problems?
- ☐ Does this provider include the patient and his or her family members in developing the plan of care?
- ☐ Are patients involved in making care plan changes?
- ☐ Is the patient's course of treatment documented, detailing the specific tasks to be carried out by each professional caregiver? Does this provider take time to educate family members on the care being administered to the patient?
- ☐ Does this provider assign supervisors to oversee the quality of care patients are receiving in their homes?

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When it comes to caring for seniors, look no further than SenCura. We understand the importance of keeping loved ones at home for as long as possible. Providing personal, reliable care allows us to tailor to your specific needs. Our compassionate caregivers provide seniors with services from one hour a day on up to 24 hours a day, seven days a week. Families are given peace of mind, knowing they're receiving care from dedicated and passionate caregivers.

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LISTINGS PROVIDED BY: Positive Aging Sourcebook HOME CARE

	FEATURED PAGE	PHONE	WEBSITE	LIVE IN CARE	HOMEMAKER CARE	SKILLED CARE	HOME HEALTHAIDE	MEDICARE	MEDICAID
VIRGINIA									
Assisting Hands Home Care	49	703-988-1800	assistinghands.com/arlington	●	●		●		
Baby Boomer Home Healthcare	46	703-712-8049	babyboomerscare.com	●	●	●	●		●
BrightStar Care of Arlington	44	703-520-1050	brightstarcare.com/arlington	●	●	●	●		
BrightStar Care of Fairfax	44	703-267-2380	brightstarcare.com/fairfax	●	●	●	●		●
Georgetown Home Care	42	571-765-6046	georgetownhomecare.com	●	●		●		
Goodwin House Home Health	BACK COVER	703-824-1390	goodwinhouse.org			●	●	●	●
Home Instead - Arlington, Alexandria, Falls Church	44	703-533-7368	homeinstead.com/arlington-va		●		●		
Independent You Senior Services	28	703-999-3006	independentyou.net	●	●	●	●		
Lifematters	48	571-282-2600	lifemattersusa.com	●	●	●	●		
Nursing Referral Service	INSIDE BACK	703-442-0229	nursingreferralservice.com	●	●	●	●		
Old Dominion Home Care, Inc	46	703-273-0422	olddominionhomecare.com	●	●		●		
Options for Senior America Arl, Alex, McLean, Falls Ch	43	703-442-9700	optionscorp.com	●	●		●		
Options for Senior America Frfx, Vienna, Tysons, Oakton	43	855-274-5000	optionscorp.com	●	●		●		
Options for Senior America Prince William County	43	571-449-6781	optionscorp.com	●	●		●		
Options for Senior America Loud, Fauquier, Clarke, W. Frx	43	703-622-7132	optionscorp.com	●	●		●		
Paragon Home Care	47	703-942-8950	paragonhomecare.com	●	●		●		
Right At Home of Northern Virginia	45	703-538-4584	rightathome.net/northern-virginia	●	●		●		
Sencura Home Care	48	703-880-2547	sencura.com	●	●		●		

Home Care

Continued from page 43

of companion care providers are to ensure that the home environment remains safe and that the individual has a companion to spend time with when family is not available.

HOME HEALTHCARE is for those who are no longer able to perform all of the functions of daily living by themselves but who do not require skilled medical services. A home health aide can help with activities of daily living (ADLs), which include bathing, dressing, transferring, eating and toileting. Additional services generally include meal preparation, mobility exercises, housekeeping, laundry, medication reminders and transportation.

SKILLED NURSING CARE is prescribed by a physician and is administered by a registered nurse. The services provided by skilled nurses include: administering injections, administering medications, wound care, IV monitoring, blood tests, catheter care, respiratory therapy, physical therapy, feeding tube administration and more.

ASSISTING HANDS HOME CARE | 703.988.1800 | www.assistinghands.com/arlington

At Assisting Hands Home Care, we understand. Our trained dependable caregivers and personal assistants can help overcome those challenges, and make home an even better place to be. We include everything from companionship, meal preparation, medication reminders, shopping and errands, light housekeeping and laundry, to personal care and help with bathing and dressing.

Assisting Hands® Home Care

Hospice Care

Improving the quality of life remaining

A patient and family may turn to hospice care when the goals of patient care have switched from curing to comforting. Hospice involves a special system of supportive services, including pain and symptom management, social services, and emotional and spiritual support. Any individual of any age with a diagnosis of a terminal disease may turn to hospice.

HOW DO I RECEIVE HOSPICE CARE?

Medicare, Medicaid or private insurance generally require a prognosis of six months or less for services to be covered.

Hospice is unique in that care and support are provided to the entire family, not just the patient. A team of skilled professionals and volunteers work to serve the special needs of everyone involved.

Choice is at the center of the hospice approach — a person faced with a life-limiting illness is encouraged to remain in control of his or her life.

As care is usually provided in one's home, many hospice patients live out their lives in the comfort of familiar daily routines, surrounded by their treasured possessions along with family and friends.

However, hospice services may also be provided in long-term care facilities or in-patient hospice residential settings.

WHAT SERVICES ARE PROVIDED?

Hospice team members focus primarily on managing the patient's pain and symptoms with medication, medical supplies and equipment. Other services, such as speech and physical therapy, are available if necessary.

If managing the symptoms within the home becomes impossible, hospice providers can offer short-term inpatient care.

While family members learn how to properly care for the patient, information and support is also available to help everyone deal with the emotional, psychosocial and spiritual aspects of dying. Surviving loved ones will receive bereavement care and counseling from the hospice professionals.

Most hospice services are fully or partially covered by Medicare, Medicaid, private insurers or prepaid health plans.

HOW DO I PAY FOR HOSPICE?

Most services are fully or partially covered by Medicare, Medicaid, private insurers or prepaid health plans.

To receive the Medicare Hospice Benefit, patients must be eligible for Medicare Part A, have a terminal disease or condition with a less than six months prognosis, and sign a document certifying that they are choosing hospice care instead of routine Medicare benefits.

Patients may only receive covered benefits from a Medicare-approved hospice program. In addition to Medicare's coverage, hospice services are also generally covered by Medicaid or private insurers.

Let VITAS Take You Home for Hospice Care

When it's time to focus on comfort and embrace quality of life, an entire VITAS® Healthcare team is by your side to create a care plan just for you and your family.

- Medical care
- Emotional support
- Spiritual guidance
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Nursing & Rehabilitation

Specialized care for individuals who need daily assistance

At a nursing care center, care is administered by professionals under the direction of a physician. Many facilities also offer sub-acute, respite, rehabilitation and other short-term care. Rehabilitation services can be especially helpful for individuals who are recovering from surgery, an illness or any other life-changing event.

WHO IS NURSING CARE FOR?

These communities serve as permanent residences for individuals who are too sick or frail to live at home, or as temporary facilities during a recovery period. Some residents enter a nursing care center for a short-term stay after a surgery or illness, while others enter on a more permanent basis.

COSTS OF NURSING CARE

The basic daily rate is the standard charge the nursing care center bills to all residents, which covers the fundamental services every resident receives, including rent for the room, housekeeping, meals and general nursing care. It is important to understand all the services and amenities that are not included in the basic daily rate.

WHAT TO LOOK FOR IN NURSING CARE

Before choosing a community, contact the Long-Term Care Ombudsman Program of your Area Agency on Aging. Ombudsman programs promote the highest quality of life and care for residents of nursing facilities and can help families and staff with inquiries and complaints.

Paying for Nursing Home Care

Nursing home care can be expensive. There are many ways you can pay for nursing home care. For example, you can use your own money, you may be able to get help from your state, or you may use long-term care insurance.

Most people who enter nursing homes begin by paying for their care out-of-pocket. As you use your resources (like bank accounts and stocks) over a period of time, you may eventually become eligible for Medicaid.

WILL MEDICARE PAY FOR NURSING HOME CARE?

Medicare generally doesn't cover long-term care stays in a nursing home. Even if it doesn't cover nursing home care, you'll need health coverage for hospital care, doctor services, and medical supplies while you're in the nursing home.

Some insurance companies let you use your life insurance policy to pay for long-term care.

Part A covers skilled care provided in a skilled nursing facility (SNF) under certain conditions for a limited time. Skilled care is nursing and therapy care that can only be safely and effectively performed by, or under the supervision of, professionals or technical personnel. It's health care given when you need skilled nursing or skilled therapies to treat, manage, and observe your condition, and evaluate your care.

Medicare covers certain daily skilled care services on a short-term basis (up to 100 days in a benefit period). For more information on Medicare's coverage of SNF care, visit **Medicare.gov** or call 1-800-MEDICARE (1-800-633-4227).

PERSONAL RESOURCES

You can use your personal money and savings to pay for nursing home care. Some insurance companies let you use your life insurance policy to pay for long-term care. Ask your insurance agent how this works.

Continued on page 53

LISTINGS PROVIDED BY:

PositiveAging Sourcebook
NURSING & REHABILITATION

	FEATURED ON PAGE	PHONE	ADDRESS	CITY	NURSING BEDS	MEDICARE	MEDICAID	DAILY RATES STARTING AT
VIRGINIA - ALEXANDRIA								
Envoy Health of Alexandria		703-684-9100	900 Virginia Ave.	Alexandria	111	●	●	199
Fountains at Washington House, The		703-291-0188	5100 Fillmore Ave.	Alexandria	55	●		238
Goodwin House - Alexandria	BACK COVER	703-578-1000	4800 Fillmore Ave.	Alexandria	80	●	●	487
Hermitage Northern Virginia		703-797-3815	5000 Fairbanks Ave.	Alexandria	44			300
Woodbine Rehab & Healthcare Center		703-836-8838	2729 King Street	Alexandria	307	●	●	347
VIRGINIA - ARLINGTON								
Cherrydale Health & Rehabilitation Center		703-243-7640	3710 Lee Hwy.	Arlington	240	●	●	360
ManorCare - Arlington		703-379-7200	550 S. Carlin Springs Rd.	Arlington	171	●	●	174
Jefferson, The		703-516-9455	900 N. Taylor St.	Arlington	31	●		275
Regency Care of Arlington		703-920-5700	1785 S. Hayes St,	Arlington	240	●	●	356
VIRGINIA - FAIRFAX COUNTY								
Annandale Healthcare Center		703-256-7000	6700 Columbia Pike	Annandale	214	●	●	289
Arleigh Burke Pavilion	60	703-506-6900	1739 Kirby Rd.	McLean	49	●		289
Burke Health and Rehabilitation Center		703-425-9765	9640 Burke Lake Rd.	Burke	120	●	●	350
Dulles Health & Rehab		703-934-5000	2978 Centreville Rd	Herndon	166	●	●	390
Fairfax Rehab & Nursing Center		703-273-7707	10701 Main St.	Fairfax	200	●	●	372
Fairfax, The		703-799-1200	9140 Belvoir Woods Pkwy.	Fort Belvoir	56	●		335
Goodwin House - Bailey's Crossroads	BACK COVER	703-820-1488	3440 S. Jefferson St.	Falls Church	69	●	●	475
Greenspring		800-917-3141	7470 Spring Village Dr.	Springfield	136	●		412
ManorCare - Alexandria		703-765-6107	1510 Collingwood Rd.	Alexandria	96	●	●	180
ManorCare Fair Oaks		703-352-7172	12475 Lee Jackson Hwy.	Fairfax	145	●	●	234
Mount Vernon Healthcare Center		703-360-4000	8111 Tis Well Dr.	Alexandria	130	●	●	315
Iliff Nursing & Rehabilitation Center		703-560-1000	8000 Iliff Dr.	Dunn Loring	130	●	●	194
Leewood Healthcare Center		703-256-9776	7120 Braddock Rd.	Annandale	132	●	●	377
Powhatan Nursing Home		703-538-2400	2100 Powhatan St.	Falls Church	65			200
Vinson Hall	60	703-538-3069	6251 Old Dominion Dr.	McLean	49	●		315
Virginian, The		703-650-9971	9229 Arlington Blvd.	Fairfax	81	●	●	372
VIRGINIA - LOUDOUN COUNTY								
Ashby Ponds		800-917-3141	21170 Ashby Ponds Blvd.	Ashburn	44	●		305
Encompass Health Rehab of Northern Virginia		703-957-2000	24430 Millstream Dr	Aldie	60	●	●	
Heritage Hall		703-777-8700	122 Morven Park Rd. NW	Leesburg	164	●	●	290
Johnson Center at Falcons Landing		703-404-5205	20535 Earhart Place	Potomac Falls	60	●		334
Loudoun Nursing & Rehabilitation Center		703-771-2841	235 Old Waterford Rd. NW	Leesburg	100	●	●	310
Potomac Falls Health & Rehabilitation Center		703-834-5800	46531 Harry Byrd Hwy.	Sterling	150	●	●	320
VIRGINIA - PRINCE WILLIAM								
Envoy of Woodbridge		703-491-6167	14906 Jefferson Davis Hwy.	Woodbridge	120	●	●	205
Gainesville Health & Rehabilitation Center		571-248-6100	7501 Heritage Village Plaza	Gainesville	120	●	●	255
Lake Manassas Health & Rehabilitation		703-743-3999	14935 Holly knoll ln.	gainesville	120	●	●	375
Manassas Health & Rehabilitation Center		703-257-9770	8575 Rixlew Lane	Manassas	120	●	●	365
Northern Virginia Healthcare Center		703-257-0935	8605 Centreville RD.	Manassas	180	●	●	275
Westminster at Lake Ridge		703-496-5156	12185 Clipper Dr.	Lake Ridge	60	●	●	467

Paying for Nursing Home Care

Continued from page 51

Important: Be sure to get help before using either of these options. There are important issues you need to understand.

HELP FROM YOUR STATE (MEDICAID)

Medicaid is a joint federal and state program that helps with medical costs for some people with limited income and resources. Most health care costs are covered if you qualify for both Medicare and Medicaid. Most, but not all, nursing homes accept Medicaid payment. Even if you pay out-of-pocket or with long-term care insurance, you eventually may "spend down" your assets while you're at the nursing home, so it's good to know whether the home will accept Medicaid.

Check with the nursing home to see if they accept people with Medicaid. Medicaid programs vary state to state. Most often, eligibility is based on your income and personal resources. Many states have higher Medicaid income limits for nursing home residents. You may be eligible for Medicaid coverage in a nursing home even if you haven't qualified for other Medicaid services in the past.

Sometimes you won't be eligible for Medicaid until you've spent some of your personal resources on health care. Generally, even if you're eligible for Medicaid, all of your income (except for a monthly personal needs allowance and amounts considered necessary to support your spouse and family living in the community) will go to pay your nursing home expenses and Medicaid will cover the rest. To get more information on Medicaid eligibility in your state, call your local Medicaid office.

Information excerpted from a Centers for Medicare & Medicaid Services publication. More information is available online at **medicare.gov**.

Options for Memory Care

Considering a residential facility

For older adults with Alzheimer's disease or another form of dementia, moving to a residential memory care facility may be the best option. These communities can offer varying levels of care, depending on the needs of the patient. They also offer valuable peace of mind for family members and caregivers, who may no longer be able to provide care at home.

Most retirement living communities offer options for individuals with memory care needs. Before selecting a community, potential residents and their families should carefully evaluate their current and future care needs. Consumers should also familiarize themselves with the wide variety of community options available. More information about housing options is available in *Positive Aging Sourcebook*. Visit **positiveagingsourcebook.com**.

SILVERADO ALEXANDRIA MEMORY CARE | 703.599.3918 | www.silverado.com

Silverado Alexandria Memory Care is a specialized memory care community dedicated to enriching life for the memory impaired. Residents' comfort, dignity and quality of life are our goals, and we work to meet them through a range of features and amenities such as three neighborhoods providing different levels of care, daily housekeeping and laundry services, gourmet food and family dining, pets, an outdoor garden and much more.

Assisted Living

Offering needed assistance and rewarding activities

Assisted living communities offer a vital option for older adults who need some assistance with daily living. While the specific amenities will vary, all assisted living communities offer basic services including meals, supervision, security and help with personal care needs. For many residents, the help available at an assisted living community can allow them to continue to live their best life.

In most states, assisted living communities are registered, licensed or certified by an appropriate department or agency of the state that has a process for issuance of initial licenses and for renewing existing licenses. This process provides basic protections for consumers.

Residents of assisted living communities are generally seniors who need some assistance with basic activities, frequently called the activities of daily living (or ADLs). Some communities may accept residents with Alzheimer's disease and other forms of dementia. In fact, some communities may specialize in serving individuals with specific medical conditions, including dementia. A few communities serve individuals of any age with developmental disabilities. When reviewing assisted living communities, consumers should ask about any specializations the community may have.

The services and activities provided in assisted living communities help to promote the quality of life and independence of the residents. One key offering is 24-hour supervision of the residents and the property. Resident safety and security is a priority at all assisted living communities.

All communities also offer three meals a day in a group dining room. However, dining options can vary dramatically in terms of the meals available and the costs associated with meal plans.

Finally, all assisted living communities offer personal care services, also known as help with the ADLs. These services include assistance with bathing, dressing and toileting.

Other services and activities available at some assisted living communities include:

- Medication management, or assistance with self-administration of medicine
- Coordination of services by outside health care providers
- Assistance with arranging medical, health and dental care services
- Social services
- Transportation services
- Outdoor areas for walking or gardening
- Supervision and assistance for persons with Alzheimer's or other dementias and disabilities
- Recreational and spiritual activities
- Exercise and wellness programs
- Laundry and linen service
- Housekeeping and maintenance
- Individualized services

While assisted living communities do provide a high level of care, it is important to consider what is not provided at these communities before selecting one. Assisted

Continued on page 58

Find the Road Home with Sunrise

Designed to provide care and comfort, our Arlington-area communities can help you on your journey home if you're coming from a hospital or rehabilitation center.

To learn more, call **571-226-6852** or email **lauren.wester@sunriseseniorliving.com.**

LISTINGS PROVIDED BY:

PositiveAging Sourcebook ASSISTED LIVING

	FEATURED ON PAGE	PHONE	CITY	ASSISTED UNITS	MONTHLY COST *Starting From*	SUBSIDIES/WAIVER	MEMORY CARE
VIRGINIA - ALEXANDRIA							
Berkley Springs Assisted Living		703-825-3611	Alexandria	5	5,000		●
Brandywine Living at Alexandria		703-940-3300	Alexandria	120	5,520		●
Fountains at Washington House, The		703-291-0188	Alexandria	46	4,000		
Goodwin House - Alexandria	BACK COVER	703-578-1000	Alexandria	52	9,450		●
Hermitage Northern Virginia		703-797-3800	Alexandria	59	4,160		
Labier Assisted Living - Westgate		703-362-2499	Mt. Vernon	8	8,550		●
Lynn House of Potomac Valley		703-379-6000	Alexandria	12			
Silverado Alexandria Memory Care	53	703-215-9110	Alexandria	66			●
Spring Hills Mt. Vernon		703-780-7100	Alexandria	82	3,100		●
Sunrise of Alexandria	54	703-212-9192	Alexandria	76	3,802		●
Sunrise at Mt. Vernon	54	703-780-9800	Alexandria	107	3,500		●
Sunrise of Old Town	54	703-236-1226	Alexandria	93	6,000	●	●
VIRGINIA - ARLINGTON COUNTY							
Brookdale Arlington		571-814-3586	Arlington	143	4,260		●
Culpepper Garden		703-528-0162	Arlington	73	3,166	●	
Jefferson, The		703-516-9455	Arlington	61	4,600	●	
Mary Marshall Assisted Living		571-527-5000	Arlington	52			
Sunrise of Arlington	54	703-524-5300	Arlington	47	3,589	●	
Sunrise at Bluemont Park	54	703-536-1060	Arlington	52	3,315	●	●
VIRGINIA - FAIRFAX COUNTY							
Aarondale Retirement & Assisted Living Comm.		703-813-1800	Springfield	72	4,400		●
Arbor Terrace Fairfax		703-810-3992	Chantilly	48	5775		●
Arden Courts of Annandale		703-256-0882	Annandale	60	7,900		●
Arden Courts of Fair Oaks		703-383-0060	Fairfax	56	7,000		●
Arleigh Burke Pavilion	60	703-506-6900	McLean	21	7,695		
Avalon House at Cawdor Court		301-656-8823	McLean	8	4,900		●
Avalon House at Dominion Crest		301-656-8823	McLean	8	4,900		●
Avalon House at Gerard Court		301-656-8823	Falls Church	8	4,900		●
Avalon House at High Street		301-656-8823	Falls Church	8	4,900		●
Avalon House at Laburnum Street		301-656-8823	McLean	8	4,900		●
Avalon House at Oakview Drive		301-656-8823	McLean	8	4,900		●
Avalon House at Woodacre Drive		301-656-8823	McLean	8	4,900		●
Avalon House on Gelston Circle		301-656-8823	McLean	8	4,900		●
Avalon House on Hardwood Lane		301-656-8823	McLean	8	4,900		●
Avalon House on Woodland Drive		301-656-8823	Falls Church	8	4,900		●
Beverly Assisted Living		571-308-3793	Annandale	8			●
Braddock Glen		703-425-3535	Fairfax	60	2610		
Brightview Fair Oaks		571-495-5907	Fairfax	88		●	●

LISTINGS PROVIDED BY: PositiveAging Sourcebook ASSISTED LIVING

	FEATURED ON PAGE	PHONE	CITY	ASSISTED UNITS	MONTHLY COST *Starting From*	SUBSIDIES/WAIVER	MEMORY CARE
VIRGINIA - FAIRFAX COUNTY *(continued)*							
Brightview Great Falls		703-759-2513	Great Falls	88	5,670	●	●
Brightview Woodburn		703-462-9998	Annandale	70	4,500		●
Chesterbrook Residences		703-531-0781	Falls Church	97		●	
Harmony at Chantilly		703-994-4561	Herndon	36	5,525		●
Harmony at Spring Hill		571-348-4970	Lorton	75			●
Emelia Assisted Living I-II		703-479-4708	Springfield/Alexandria	16			
Fairfax, The		703-348-1169	Fort Belvoir	52	6,700		●
Gardens Assisted Living, The		703-278-1001	Fairfax	98	5,000		●
Goodwin House - Bailey's Crossroads	BACK COVER	703-820-1488	Falls Church	43	7,555		●
Great Falls Assisted Living		703-421-0690	Herndon	63	8,600		●
Greenspring		800-917-3141	Springfield	102	4,905		●
Heatherwood Retirement		703-425-1698	Burke	112	5,100		
Hunters Woods at Trails Edge		703-429-1130	Reston	119	5,338		●
The Kensington - Falls Church		703-992-9868	Falls Church	88	6,540		●
The Kensington - Reston		571-494-8100	Reston	75	6,540		●
Labier Assisted Living - Macklin Court		703-362-2499	Alexandria	8	8,550		●
Labier Assisted Living - Westgate		703-362-2499	Mt. Vernon	8	8,550		●
Larmax Homes at Lewinsville Rd (3 Homes)		855-735-9900	McLean	24	11,600		●
Leewood Healthcare Center		703-256-9770	Annandale	40	4,200	●	●
Lincolnian		703-914-0330	Alexandria	52		●	
Millys Home		703-246-9809	Fairfax	3	9,500		●
Paul Spring Retirement Community		703-768-0234	Alexandria	145	3,916		
The Potomac House - Falls Church		703-639-0777	Falls Church	8	7,500		
The Potomac House – McLean		703-639-0777	McLean	8	6,250		
The Providence Fairfax		571-396-0500	Fairfax	154	7,500		●
Renaissance Assisted Living		703-256-2525	Annandale	47	7,000		●
Spring Hills Mt. Vernon		703-780-7100	Alexandria	82	3,100		●
Stevenson Place		703-460-6200	Fairfax	37			
Sunrise at Fair Oaks	54	703-264-0506	Fairfax	92	5,079		●
Sunrise at George Mason	54	703-934-5069	Fairfax	76	4,319	●	●
Sunrise at Hunter Mill	54	703-255-1006	Oakton	75	4,866		●
Sunrise at Mt. Vernon	54	703-780-9800	Alexandria	107	3,500		●
Sunrise at Reston Town Center	54	703-956-8930	Reston	102	4,258		●
Sunrise of Fairfax - Reopening in 2021	54	703-348-1128	Fairfax	83		●	●
Sunrise of Falls Church	54	703-534-2700	Falls Church	66	4,288	●	●
Sunrise of McLean	54	703-734-1600	McLean	88	5,198		●
Sunrise of Springfield	54	703-922-6800	Springfield	95	3,437		●
Sunrise at Silas Burke	54	703-250-1637	Burke	80	5,820		●
Sylvestery, The	60	703-970-2700	McLean	36	8,760		●
Tall Oaks Assisted Living		703-834-9800	Reston	154	4,590		●
Tysons Woods Assisted Living - Central Ave		703-846-0395	Vienna	8	5,000		●

LISTINGS PROVIDED BY:

PositiveAging Sourcebook ASSISTED LIVING

	FEATURED ON PAGE	PHONE	CITY	ASSISTED UNITS	MONTHLY COST *Starting From*	SUBSIDIES/WAIVER	MEMORY CARE
VIRGINIA - FAIRFAX COUNTY *(continued)*							
Tysons Woods Assisted Living - Electric Ave		703-846-0395	Vienna	8	5,000		●
Vienna Manor Assisted Living		703-403-7583	Vienna	8	6,500		●
Vienna Manor Assisted Living II		703-403-7583	Vienna	8	6,500		●
Vienna Manor III		703-403-7583	Oakton	8	6,500		●
Vinson Hall - For Military Officers & Families	60	703-538-3069	McLean	58	8,730		●
Virginian, The		703-650-9456	Fairfax	118	7,800		●
VIRGINIA - FAUQUIER COUNTY							
English Meadows - Warrenton		540-347-6000	Warrenton	41	3,300		●
Poet's Walk Warrenton		540-252-5236	Warrenton	68	6,500		●
Villa at Suffield Meadows, The		540-316-3800	Warrenton	67	3,750		●
White Springs Senior Living		540-422-0783	Warrenton	80			●
VIRGINIA - FREDERICKSBURG REGION							
Harmony at Falls Run		540- 479-3788	Stafford	42	4,645		●
Greenfield of Fredericksburg		540-374-8200	Fredericksburg	40	2,595		
Greenfield of Spotsylvania		540-374-8200	Fredericksburg	60	1,955		●
Heartfields at Fredericksburg		540-373-8800	Fredericksburg	81	3,060		●
Spring Arbor of Fredericksburg		540-548-2133	Fredericksburg	76	3,600		●
VIRGINIA - LOUDOUN COUNTY							
Ashby Ponds		800-917-3141	Ashburn	56	4,750		●
Ashleigh at Lansdowne		703-345-6912	Lansdowne	115	4,745		●
Atria Sterling		703-896-9590	Sterling	60	3,995		
Johnson Center at Falcons Landing, The		703-404-5205	Potomac Falls	29	5,931		
Lansdowne Heights Memory Care Community		703-936-7300	Leesburg	60	8,250		●
Lovettsville Home Assisted Living		540-822-3824	Lovettsville	8	3,000		●
Meadow Glen of Leesburg		703-737-6149	Leesburg	37	4,260		
Morningside House of Leesburg		703-777-2777	Leesburg	64	3,690		
Poet's Walk Leesburg		571-224-9516	Leesburg	60	6,500		●
Reflections - A Senior Living Community		703-777-1971	Leesburg	29	1,886		
Spring Arbor of Leesburg		703-777-9300	Leesburg	79	5,374		●
Sunrise at Countryside	54	703-430-0681	Sterling	47	3,285		
Tribute at One Loudoun		703-270-6498	Ashburn	140	5,700		●
Waltonwood Ashburn		703-468-0423	Ashburn	99	6,095		●
West Falls Center at Falcons Landing		703-404-5205	Potomac Falls	42	7,543		
VIRGINIA - PRINCE WILLIAM COUNTY							
Arbor Terrace Sudley Manor		703-392-9797	Manassas	48	2,730		●
Aspen Hill Assisted Living I-II		703-597-2627	Woodbridge	14	4,000		
Brookdale Lake Ridge		703-270-6501	Woodbridge	79	3,675		●
Caton Merchant House		703-335-8350	Manassas	78	2,450		

LISTINGS PROVIDED BY: PositiveAging Sourcebook ASSISTED LIVING

	FEATURED ON PAGE	PHONE	CITY	ASSISTED UNITS	MONTHLY COST *Starting From*	SUBSIDIES/WAIVER	MEMORY CARE
VIRGINIA - PRINCE WILLIAM COUNTY *(continued)*							
District Home at Birmingham Green		703-257-0935	Manassas	64	5,120	●	
Evermore Senior Living of Lake Ridge		703-249-9128	Woodbridge	8	6,000		●
Fox Trail Senior Living - Manassas		703-543-9650	Manassas	23	2,995		●
HarborChase of Prince William Commons		703-721-8801	Woodbridge	67	4,700		●
Heritage Village		703-397-8016	Gainesville	152			●
Legacy Ridge		571-421-6966	Gainesville	64	6,200		●
Paramount Senior Living at Manassas		703-392-0102	Manassas	75	2,995		●
Potomac Place Assisted Living		703-494-3817	Woodbridge	106	3,410		●
VIRGINIA - PRINCE WILLIAM COUNTY							
Tribute at the Glen		571-402-1870	Woodbridge	140	5,990		●
Wellington at Lake Manassas, The		703-468-2750	Gainesville	115	4,900		●
Westminster at Lake Ridge		703-496-5156	Lake Ridge	40	7,950		
Willow Oaks at Birmingham Green		703-257-6280	Manassas	107	1,515	●	
VIRGINIA - SHENANDOAH REGION							
Dutch Haven		703-270-6501	Maurertown	42			●
Fox Trail Senior Living - Front Royal		703-274-1740	Front Royal	23	3,000		●
Fox Trail Senior Living - Stephens City		703-274-1634	Stephens City	41	2,995		●
Greenfield of Berryville		540-955-4557	Berryville	60	2,195		●
Greenfield of Woodstock		540-459-2525	Woodstock	42	2,000		●
Greenfield Reflections of Strasburg		540-465-5900	Strasburg	34	2,295		
Greenfield Reflections of Woodstock		540-459-2200	Strasburg	36	2,450		●
King's Grant		800-462-4649	Martinsville	44	5,750		●
Spring Arbor of Winchester		540-662-6883	Winchester	73	3,795		●
Summit Square		800-586-5499	Waynesboro	33	5,871		●
Sunnyside		800-237-2257	Harrisonburg	76	5,537		●
Village at Orchard Ridge, The		540-431-2801	Winchester	18	7,564		●
Willows At Meadow Branch, The		540-667-3000	Winchester	79	4,025		●
MARYLAND - MONTGOMERY COUNTY							
B'nai B'rith Homecrest House*		301-598-4000	Silver Spring	42	2,751	●	
Seabury at Springvale Terrace*		301-587-0190	Silver Spring	36	1,390	●	

Assisted Living

Continued from page 54

living communities are a bridge between living at home and living in a nursing home. Assisted living communities do not typically provide the level of continuous skilled nursing care found in nursing homes and hospitals. For instance, if a prospective resident needs constant care, a nursing home may be a more viable option.

There is no set standard for assisted living accommodations. Therefore, options can vary greatly from one assisted living community to the next. For instance, some communities offer private rooms featuring kitchenettes and private bathrooms, while others offer shared units or shared bathrooms. Consumers must consider the prospective resident's personal needs, financial means and personal preferences before selecting a community.

Source: **www.ahcancal.org**

Life Plan Communities

Offering diverse lifestyle options

Life Plan Communities are properties offering a combination of living options for older adults. These communities offer an active lifestyle for residents, as well as a wide array of amenities and services.

Life Plan Communities were formerly known as Continuing Care Retirement Communities (CCRCs). Following a two-year research and review process, a task force led by LeadingAge and Mather LifeWays, identified a new name for CCRCs that would resonate with the boomer target audience. The new name better reflects the communities and their residents—individuals who are active, engaged and focused on the future.

Living options available at Life Plan Communities may include independent living, assisted living and skilled nursing services. These different levels of care are all offered on a single campus. Residents have the option to have all their current or future healthcare needs met without ever leaving campus.

Life Plan Communities afford residents endless opportunities to remain active and involved. These communities generally appeal to young, healthy older adults. Amenities vary widely but often include swimming pools, fitness centers, gardening areas, and golf courses or putting greens. Additionally, residents have access to hundreds of clubs and activities—from art classes to yoga classes and from drama clubs to walking groups. Residents are also very involved in the operation and management of Life Plan Communities through resident boards or councils.

Finally, Life Plan Communities are generally integrated into the larger community. With active residents, these communities can focus on giving back and acting as a socially responsible neighbor.

Life Plan Communities give older adults the freedom and security to live active, healthy lives. They are the perfect option for individuals who want to plan ahead for future care needs, while focusing on enjoying every day.

Source: lifeplancommunity.org

Understand Entrance Fees

Knowing the options when paying for life plan communities

Most life plan communities require payment of a one-time fee, usually called the entrance fee, before moving to the community. The entrance fee amount often depends on the level of care at the time of entry, type of housing chosen (with larger units requiring a larger fee) and agreement type. The entrance fee allows the life plan community to offer lower monthly fees and provide for the future needs of residents. State regulations can impact the terms of the entrance fee and in some states, refunds are called rebates. Entrance fees are typically structured in one of three ways:

DECLINING SCALE REFUNDS, also known as amortizing entrance fees, specify a period of time in which the entrance fee will be refundable to the resident on a declining basis. For example, if an entrance fee under this arrangement declines at the rate of 1 percent each month, after 6 months 94 percent of the entrance fee is refundable.

PARTIALLY REFUNDABLE entrance fees guarantee a specific percentage of the refund that will be returned within a certain period of time regardless of the term of residency. For example, 50 percent of the entrance fee may be refundable upon termination of the contract or to the estate upon the resident's death.

FULL REFUNDS offer just that, a full refund of the entrance fee. A fixed charge may be deducted before the refund is made, and the agreement generally states how long the refund is valid and under what conditions a refund is due. Entrance fees that offer full refunds are typically more expensive than those without refunds or those that are partially refundable or refundable on a declining basis.

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LISTINGS PROVIDED BY: PositiveAging Sourcebook LIFE PLAN COMMUNITIES

	FEATURED ON PAGE	PHONE	CITY	INDEPENDENT	ASSISTED	NURSING	MONTHLY COST *Starting From*	ENTRY FEES *Starting From*	CCAC/CARF ACCREDITATIONS	SWIMMING POOL	PETS ALLOWED
VIRGINIA - ALEXANDRIA											
Fountains at Washington House, The		703-291-0188	Alexandria	113	46	55	2,000	165,000			●
Goodwin House - Alexandria	BACK COVER	703-578-1000	Alexandria	268	52	80	2,700	62,000	●	●	●
Hermitage Northern Virginia		703-797-3800	Alexandria	59	59	20	3,675	6,000	●		●
VIRGINIA - FAIRFAX COUNTY											
Fairfax, The		703-799-1200	Fort Belvoir	382	52	56	2,980	87,000		●	●
Goodwin House - Bailey's Crossroads	BACK COVER	703-820-1488	Falls Church	329	43	69	2,815	72,530	●	●	●
Greenspring		800-917-3141	Springfield	1,404	102	180	2,012	172,000		●	●
The Mather - projected opening 2023		703-348-8522	Tysons/Mclean	TBD	TBD	TBD		650,000		●	●
Vinson Hall - For Military Officers & Families	60	703-538-3069	McLean	240	58	49	1,786	83,150		●	●
Virginian, The		703-385-0555	Fairfax	134	118	81	4,530	10,000			●
Woodlands Retirement Community, The		703-667-9801	Fairfax	102	97	200	3,824	345,000		●	●
VIRGINIA - LOUDOUN COUNTY											
Ashby Ponds		800-917-3141	Ashburn	902	56	44	2,061	204,000		●	●
Falcons Landing		703-404-5151	Potomac Falls	304	71	60	3,178	48,500	●	●	●
VIRGINIA - PRINCE WILLIAM COUNTY											
Westminster at Lake Ridge		703-496-5156	Lake Ridge	235	40	60	1,817	49,790	●	●	●
VIRGINIA - SHENANDOAH VALLEY											
King's Grant		800-462-4649	Martinsville	146	44	32	842	42,660		●	●
Shenandoah Valley Westminster–Canterbury		540-665-5793	Winchester	212	60	51	2,090	98,060	●	●	●
Summit Square		800-586-5499	Waynesboro	79	35	18	1,854	43,420			●
Sunnyside		800-237-2257	Harrisonburg	269	76	84	773	47,420		●	●
Village at Orchard Ridge, The		703-270-6500	Winchester	324	18	20	2,000	204,000		●	●
VIRGINIA - OTHER VIRGINIA REGIONS											
Cedarfield		804-474-8800	Richmond	341	42	60	1,970	158,690	●	●	●
Hermitage Richmond		804-474-1800	Richmond	118	118	70	2,695		●		●
Hermitage Roanoke		540-776-6800	Roanoke	22	52	14	1,585	2,000			●
WindsorMeade Williamsburg		757-941-3600	Williamsburg	181	32	22	4,325	165,035		●	●
Williamsburg Landing		757-565-6505	Williamsburg	317	74	74	3,595	172,567	●	●	●

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Independent Living Communities

Providing security with no home maintenance

Independent living communities are residential communities for active older adults who want an enjoyable lifestyle free of the worries of home maintenance. They are similar to any apartment, condominium or single-family development, except that they provide special services, including security. Most independent living communities are fully secured with staff members greeting and screening all visitors around the clock.

As many individuals at this stage in their lives are looking to pursue new hobbies and interests, the activities and amenities available at a community are a major factor for potential residents. Most independent living communities provide a full range of activities such as shopping trips, outings to cultural events, organized gatherings and an array of clubs. Some communities also have tennis courts, swimming pools and other amenities.

Independent living communities typically offer a variety of meal plans. Residents also have the option of preparing their own meals.

Most independent living communities do not offer health care services. However, some communities are affiliated with health care facilities that can provide such care when it is needed. Residents also have the option of purchasing home health care services from outside providers.

Most independent living communities are rental communities, but some are condominiums or single-family communities in which residents purchase their units or homes. Costs and services vary widely. In some communities, a monthly fee covers many services, while in others a fee-for-service system is used. A few communities offer subsidies based on strictly defined need. To learn more, contact your local Area Agency on Aging.

Consumers should carefully research the independent living community options in their target areas or neighborhoods. After requesting and reviewing information from communities, prospective residents should plan on-site visits to each community they are considering.

Affordable Independent Living

What is available and how to qualify

According to LeadingAge, formerly the American Association of Homes and Services for the Aging, a person can rent an apartment either at the market rate or, if his or her income level qualifies, at a lower rate. These apartments are often designed with seniors in mind. For example, there may be railings in bathrooms or power outlets higher up on the wall. Many communities also offer a 24-hour emergency call service and some may also provide different kinds of services such as meals, transportation, social activities and other programs.

The U.S. Department of Housing and Urban Development (HUD) funds several rental assistance programs for seniors who qualify. These programs include public housing or low-income housing that is owned and operated by a local housing authority. To apply for public housing or Section 8 certificates or vouchers, you must go to your housing authority. Each housing authority has a system for accepting applications. Their representatives can explain their system and how to find an available apartment.

HUD's Section 202 program includes apartments where the government provides subsidies directly to owners of qualified properties developed with loans or grants from the federal government. The owners pass along the federal rental assistance subsidy to qualified residents to cover the gap between the resident payment, generally 30 percent of adjusted income, and rent costs.

To apply for housing in a privately-owned affordable housing community, a person will have to visit the management office for each community. Contact your local HUD office to get a list of privately-owned communities near you.

LISTINGS PROVIDED BY:

PositiveAging Sourcebook
INDEPENDENT LIVING

	FEATURED ON PAGE	PHONE	CITY	INDEPENDENT	MONTHLY COST *Starting From*	SUBSIDIES	PETS ALLOWED	MEALS / DINING SERVICES
VIRGINIA - ALEXANDRIA								
Annie B. Rose House		703-548-4946	Alexandria	91		●	●	
Beasley Square		703-853-0638	Alexandria	8		●		
Claridge House Alexandria		703-823-5444	Alexandria	300		●	●	
Fountains at Washington House, The		703-291-0188	Alexandria	113	2,000		●	●
Goodwin House - Alexandria	BACK COVER	703-578-1000	Alexandria	268	2,700		●	●
Hermitage Northern Virginia		703-797-3800	Alexandria	32	3,200		●	●
Ladrey Highrise		703-549-7115	Alexandria	170		●	●	
Paul Spring Retirement Community		703-768-0234	Alexandria	129	2,800		●	●
VIRGINIA - ARLINGTON COUNTY								
Carlin, The		703-243-4300	Arlington	162	922		●	
Claridge House I		703-521-9100	Arlington	300		●	●	●
Culpepper Garden		703-528-0162	Arlington	267	652	●	●	●
Hunter's Park at Cherrydale		703-892-4330	Arlington	74	400	●		
Lockwood/Elmwood House		703-538-6000	Arlington	150		●	●	●
Jefferson, The		703-516-9455	Arlington	325			●	●
Sunrise at Bluemont Park	54	703-536-1060	Arlington	128	2,300		●	●
Woodland Hill		703-931-5700	Arlington	235	684	●	●	●
VIRGINIA - FAIRFAX COUNTY								
Aarondale Retirement Commmunity		703-813-1800	Springfield	12	4,075		●	●
Arbor Terrace of Herndon		703-956-6311	Herndon	80	3,635		●	●
Coppermine Place		703-793-0336	Herndon	66		●	●	
Forest Glen at Sully Station		703-802-9501	Centreville	202	890		●	
Goodwin House - Bailey's Crossroads	BACK COVER	703-820-1488	Falls Church	329	2,815		●	●
Greenspring		800-917-3141	Springfield	1,404	2,012		●	●
Gum Springs Glen		703-780-9072	Alexandria	60	966		●	
Harmony at Chantilly		703-994-4561	Herndon	36	5,525		●	●
Herndon Harbor House I & II		703-904-9444	Herndon	120	910	●	●	
Heatherwood Retirement		703-425-1698	Burke	112	3,275		●	●
Hunters Woods at Trails Edge		703-429-1130	Reston	91	3,199		●	●
Hunters Woods Fellowship House		703-620-4450	Reston	220	926	●	●	●
Kendrick Court at McNair Farms		703-793-9300	Herndon	139	815		●	
Lake Anne Fellowship House		703-471-6474	Reston	240	492	●	●	●
Fallstead at Lewinsville Center		703-659-6590	McLean	22		●	●	●
Lewinsville, The		703-442-8660	McLean	161		●	●	●
Lincolnian		703-914-0330	Alexandria	26		●	●	●
Little River Glen		703-503-8700	Fairfax	120	765		●	●
Manchester Lakes Senior Apartment		703-921-5500	Alexandria	252	845		●	
Morris Glen Apartments		703-719-7268	Alexandria	60	856		●	
Olley Glen Senior Residences		703-323-6565	Fairfax	90	920		●	
Overture Fair Ridge		703-665-6825	Fairfax	200	1,995	●	●	●
Paul Spring Retirement Community		703-768-0234	Alexandria	72	2,800		●	●
Thoreau Place Condominiums		703-620-0434	Reston	135			●	
Tysons Towers Apartments		703-281-2080	Vienna	274	578	●	●	

LISTINGS PROVIDED BY:

Positive Aging Sourcebook INDEPENDENT LIVING

	FEATURED ON PAGE	PHONE	CITY	INDEPENDENT	MONTHLY COST Starting From	SUBSIDIES	PETS ALLOWED	MEALS / DINING SERVICES
VIRGINIA - FAIRFAX COUNTY *(continued)*								
Vinson Hall - For Military Officers & Families	60	703-538-3069	McLean	240	1,432	●	●	●
Virginian, The		703-650-9456	Fairfax	153	4,108		●	●
Woodlands Retirement Community, The		703-667-9801	Fairfax	102	3,824		●	●
VIRGINIA - LOUDOUN COUNTY								
Ashby Ponds		800-917-3141	Ashburn	902	2,061		●	●
Cascades Village		703-896-9771	Sterling	150	854		●	
Falcons Landing		703-404-5151	Potomac Falls	314	2,989		●	●
Hessler Heights		703-723-3870	Leesburg	159	2,745		●	●
Madison House Apartments		703-777-5510	Leesburg	100		●	●	
Sommerset Retirement Community		703-450-6411	Sterling	102	2,540		●	●
Sunrise at Countryside	54	703-430-0681	Sterling	53	2,455		●	●
Waltonwood Ashburn		703-468-0423	Ashburn	115	4,695		●	●
Wingler House I and II		703-858-9507	Ashburn	264	931		●	
VIRGINIA - PRINCE WILLIAM COUNTY								
Aspire at Belmont Bay		571-489-7070	Woodbridge	124	3,400		●	●
Fairmont, The		703-691-5026	Manassas	102	2,664		●	●
Lake Ridge Fellowship House		703-494-4455	Woodbridge	99		●	●	
Oaks Senior Community, The		703-221-4888	Triangle	58	705			●
Oaks of Wellington		703-365-8500	Manassas	131	1,160		●	
Park Place		703-257-3455	Manassas Park	148	940		●	
Potomac Woods Senior Living		703-491-9710	Woodbridge	128	895		●	
Quarry Station Seniors Apartments		703-393-7788	Manassas	79	693	●	●	
River Run at Prince William Commons		703-878-4618	Woodbridge	300	699		●	
Victoria Park Apartments		703-441-6488	Woodbridge	110	940	●	●	●
The Wellington at Lake Manassas		703-468-2750	Gainesville	115	4,900		●	●
Westminster at Lake Ridge		703-496-5156	Lake Ridge	235	1,817		●	●
MARYLAND - MONTGOMERY COUNTY								
B'nai B'rith Homecrest House		301-244-3579	Silver Spring	235	1,306	●	●	●
Seabury of Springvale Terrace		301-587-0190	Silver Spring	110	1,390	●	●	●

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How Can We Help You Find Your Way?

From Goodwin House at Home to our Life Plan Communities – Goodwin House Alexandria and Goodwin House Bailey's Crossroads. From Goodwin House Home Health in-home rehabilitation services to Goodwin House Hospice, we are here for you every step of the way.

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